

MAY - AUGUST 2026

ENGAGE

MAGAZINE & LIFELONG LEARNING CATALOG



Enrich Your Life!

REGISTRATION OPENS
April 6: NSSC Members
April 13: General Public

north shore senior center

www.nssc.org | 847.784.6000

Welcome

We are excited to bring you a vibrant Spring – Summer term filled with new speakers, engaging classes, and countless opportunities to reconnect with old friends (or meet new ones!).

There is always something fresh to discover when you visit NSSC. Have you tried lunch at the Café? Or joined the Tuesday Club for a morning of lively conversation and entertaining speakers (see pages 16-17)? Have you browsed the ever-changing treasures in The Shop?

There is so much to learn—and even more to enjoy—when you’re surrounded by a community that’s curious, welcoming, and always ready for the next adventure. Whether you’re diving into a new subject, exploring a long-held interest, volunteering with us, or finding resources in a support group, the months ahead are full of opportunities to grow, connect, and be inspired.

Read on to learn how spending time with different generations can enrich your life. You’ll discover why we say “spill the beans” and pick up tips on choosing the best music app for you.

Whatever your interests, I hope to see you soon!



Tish Rudnicki, MSW
Executive Director

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ENGAGE

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Our mission is to foster the independence and well-being of older adults, enhance their dignity and self-respect, and promote their participation in and contribution toward all aspects of community life.

On the cover: NSSC Walking Club
Photo credit: Terry Brooks

All Around NSSC

Celebrate NSSC's 70th Anniversary with Us!

This year marks NSSC's 70th anniversary! For seven decades, our community has been at the heart of everything we do, and this milestone truly belongs to all of us. Founded in 1956 in the Winnetka Community House with fewer than 30 members, NSSC has grown tremendously over the years. Today, we serve more than 2,000 members from across the northern suburbs and beyond. Our Senior and Family Services department now supports 39 communities, and our House of Welcome provides essential memory care services and support. Over 150 volunteers help keep everything running smoothly. Altogether, NSSC serves more than 25,000 older adults and their families each year. Join us for the festivities on Thursday, August 13 to honor our past, celebrate our present, and look forward to the future—together! Full details will be available closer to the event. date. Registration will open in July.

What Should I Eat? Discover the Answer in Our Nutrition Programs

If you have ever felt overwhelmed by diet trends or unsure how to make healthy food choices, Certified Nutritional Therapist Ann Terry offers two new classes. **Diets Deconstructed** takes a closer look at today's most popular diets, explaining their core principles, potential benefits, and drawbacks so you can decide what truly supports your long-term health. In **Eating Well Without the Guesswork**, you will learn easy, practical approaches to shopping, dining, and preparing meals that nourish both brain and body. Ann Terry provides straightforward, realistic guidance to help you eat well with confidence without confusion or restriction.



It's the Country's Semiquincentennial

That's a mouthful! The United States commemorates 250 years since the adoption of the Declaration of Independence, which marks our nation's founding and the ongoing journey of democracy in our republic. To mark this historic milestone, Lifelong Learning offers a rich lineup of programs that explore the many facets of America's early story.

Travel back to the nation's beginnings with **The Battle of Trenton, The Genealogy of the Declaration of Independence, and Sustaining the Republic: Advice from the Founders**. Experience the soundscape of the era through **Mozart in 1776**, or join us on a daytrip for the **Chicago Symphony Orchestra's** commemorative performance. You can also enjoy compelling dramatic presentations that bring women's voices to the forefront, including **Abigail Adams: A Lifeline of Letters** and **Alexander Hamilton: As Told by His Wife Eliza**.

Welcome these New Instructors

Lifelong Learning staff work to bring you new content by a wide variety of professionals. This term, we introduce these new instructors:

Jerry Attere is a naturalist serving as an environmental educator with the Cook County Forest Preserve. He explores the fascinating story of the past predators of Illinois.

Author **Chris Clott** takes you on a trip down Highway 41 from its beginnings in northern Michigan to its endpoint in Miami, Florida, with fascinating sights and stories along the way.

Melanie Holmes introduces her ultimate Illinois bucket list, including hidden gems, day jaunts, and weekend trips.

Sailor **Ron Kallen** tells the story of the tragic sinking of the *Edmund Fitzgerald* in Lake Superior, which occurred during a storm 50 years ago.

Discover Chicago's only castle and other intriguing stories of the city's past with **Errol Magidson**.

Tom Schaffner of L Stop Tours highlights 15 urban "dinosaurs" across Chicago, which are buildings and institutions that have become outdated as the city's landscape continues to evolve.

In his program *The Flip Side: Where Chicago Rocked*, **Larry Rosenbaum** recounts how he helped shape the city's rock and roll scene through his legendary record store and concert business.

Professor **Joseph Steinfelds** draws on his government experience to examine the impact of the federal budgeting process and to explore the rise of political partisanship in contemporary America.



LITTLE BINGO:

Bringing Generations Together

BY DESIREE SCHIPPERS

Every Friday evening between May and September, you can find Michael Moses and Ned Sasamoto pitching or playing first base for their softball team, Little Bingo.

The team competes in a league put on by The University of Chicago, with teams primarily comprised of graduate students and their friends.

But Little Bingo is different.

“Our team has a good mix of ages. I’m in my sixties, and we’ve got people in their fifties, forties, thirties, and on down. I joined about 13 years ago, and we’ve won about seven league championships since then. I feel like having a mix of old-timers and newbies makes us stronger,” Moses said.

“Because of my experience, I’ve learned our players’ styles and pitch preferences, so I can throw exactly what they need to hit well. Time has really given me an advantage,” he continued.

Ned and Moses have a long history, both on and off the field.

“Moses and I met in kindergarten,” Sasamoto explained. “We’ve known each other our whole lives, and it’s pretty special to get to play together now.”

Though competitive, the team has a reputation for being close-knit.

Alex Hanselman Guerrero, a graduate student in physics and former collegiate softball player, joined the team in 2022

and immediately felt at home.

“They treated me like one of their own right away! It was so exciting and welcoming, even if it was intense at times,” Hanselman Guerrero said.

“Playing with people of all ages is incredibly fun. Having the old-timers around is nice because it keeps continuity throughout the years; otherwise we would have a lot of turnover due to graduation.

“I’m really impressed with how good the older players are. They’ve taught me that you can always make the effort to have hobbies and stay connected to people who love the same things. Now that I am almost “Old Bingo” myself, it’s super exciting to see new and younger players show up. They always bring a ton of talent and love for the game,” she continued.



Little Bingo Team

CLOSE CONNECTIONS

“There is such a special camaraderie with this group. We can go all winter without seeing each other but come together in May like we haven’t missed a beat. There’s comfort in that,” Moses said. “I also love that I get to meet and make friends with people I never would have met otherwise. We’ve had people from all over join our team—Australia, Japan, Russia, Columbia, and many other places.”

The diversity of the team creates opportunities for learning and connection.

“As a former coach and teacher, playing with newbies or international teammates brings the coach out in me and that’s fun. It’s also important to me to teach the young people to have better taste in beer,” Moses laughed. “It’s not beer-league softball without getting to sit with folks and chat over a beer after a game.”



Our rule is that anyone can play, and nobody is ever cut from the team. We coach them up.”

—NED SASAMOTO

Sergei Shmakov, an international student from Russia, had never played organized sports before coming to the U.S.

“I had to learn everything about softball from scratch. The older players coached me and taught me the fundamentals. I am always amazed about their knowledge of the game!” Shmakov said.

OLD VS. YOUNG

Every year, Little Bingo makes it a tradition to play an “Old vs. Young” scrimmage at least once per season. The team splits into two groups by age and then competes in a battle for bragging rights.

“I did not like the idea of the Old versus Young game initially, but now I enjoy it. It’s like wisdom and experience against speed and youth. It builds relationships and trust. Plus, it’s fun to talk a little trash,” Moses said.

“It’s hilarious to watch people’s faces during the split when they realize they’re on the Old Team for the first time,” one player said. “The light leaves their eyes for a second of panic, and it’s really funny.”

“Honestly, the Old Team wins a lot and it’s great. I like that younger people can see that this is a lifelong pleasure. I remember thinking that I would quit when I was 60 or 61, but I got to that age and was like, ‘What’s the point?’ I’ll play until I can’t anymore!” Moses said.

“I’ve played competitive softball since I was nine and was devastated when I left school,” one player said. “When I found Bingo, I felt such relief knowing that if I stay healthy, I can play for another 30 years like these guys.”



Michael Moses

BEYOND THE FIELD

The relationships built on the field often carry over into regular life too.

“We usually have a few cookouts throughout the summer, or go to Jimmy’s, a local bar, for burgers and beers after the games. I’ve even hosted team parties at my place,” Moses said.

Even after moving on, many players remain connected to Bingo.

“Sometimes when people are in town on a summer Friday, they’ll stop by and join us for a game even years after they’ve moved. It’s a real testament to the strength of the team and how comfortable and accepted it makes people feel,” Sasamoto said. “It’s great to have something fun to look forward to at the end of each week.” ■



WHEN “TIL DEATH DO US PART”
**CHANGES
AFTER 50**

BY BETSY STORM

In 2022, *The Journal of Gerontology* published a study showing that 36 percent of adults who experienced a divorce were 50 years of age and older. For people 65 and older, the divorce rate tripled between 1990 and 2010.

Bowling Green State University professors Dr. Susan Brown and Dr. I-Fen Lin coined the term “gray divorce.” Reasons for the sharp increase in later-life splits include remarriages being more likely to end in divorce, the upturn in financial independence for women, empty-nest syndrome, a focus on self-fulfillment, and longer life spans.

“Once kids are secure and stable with a path to their own future, older men and women have the freedom to ask, ‘What do I need? What do I want for *myself*? People no longer feel they must ‘stick it out.’”

COMING INTO YOUR OWN

Robin Lake, MA, LCSW, with the Family Service Center in Northfield, explained that fear often keeps people in their marriages—despite their unhappiness. “Individuals often don’t move on until they believe the pain of the risk they’re taking will be worth the effort.” Also, older people have the comfort of knowing they have already launched their adult children. “Once kids are secure and stable with a path to their own future, older men and women have the freedom to ask, ‘What do I need? What do I want for *myself*? People no longer feel they must ‘stick it out.’”

She also sees an increasing desire among people to live according to their own values and beliefs, including in their marriages. “Obviously,” said Lake, “loneliness is a serious public health problem. However, if you’re living with

someone with whom you feel a lot of anger and struggle, you’re not going to feel connected.” Many people successfully build a ‘chosen family’ after ending a marriage,” she added. “They find peace in being with people who know and accept them as they are.”

For those seeking deeper insight, Lake recommends respected experts such as: John Gottman, Ph.D., and his wife, Julie Schwartz Gottman, Ph.D.; psychologist Sue Johnson; Terry Real, LICSW; and Stan Tatkin, Psy.D, MFT.

ONE WOMAN’S STORY

Sarah, a Wilmette mother of three adult children, was divorced 14 years ago. Among other issues, she and her ex-husband disagreed on some essential lifestyle matters and how to adjust to their empty nest, which later became the catalyst for him to initiate a divorce. Sarah feared

she wouldn’t be able to manage without him, especially financially. But through much effort, she not only mastered money management but also found she could be quite happy on her own. Sarah rented an apartment in Evanston for a few years and later met a new partner. She eventually moved into his Wilmette home. Her thoughts now: “I’m happier than I’ve ever been.”

LEGAL MATTERS

Divorce is almost always scary. For a variety of reasons, the financial aspects of splitting up are often particularly challenging for women. In many cases, they experienced career interruptions to care for children or other family members. Many older women also face the hardships of lower lifetime earnings, reduced retirement savings, and obstacles when they attempt to re-enter the workforce.

Helena L. Trachtenberg has seen it all. A partner in the Cooper Trachtenberg Law Group in Rolling Meadows, she represents clients in a range of family law cases, including dissolution of marriage, property division, maintenance and alimony, mediation, and collaborative law.

She emphasized that every divorce is different. For example, varying levels of trust and communication between parties affect how smoothly the process will proceed and whether litigation will be required. Trachtenberg advises that both parties be realistic and specific about their individual settlement goals. For example, one spouse may want to keep the house because they spend more time with the grandchildren, who may visit for extended periods.

Like many lawyers, Trachtenberg sees mediation becoming increasingly popular. Illinois Circuit Court statistics show most divorce cases are resolved out of court through mutual agreement. An experienced mediator, Trachtenberg points out that mediation works best when both members of the couple are well informed and inclined to settle. It can save thousands of dollars.

DO YOUR HOMEWORK

Before jumping into a divorce, educate yourself, especially about finances. Get a good lawyer and, if needed, a financial counselor. A variety of resources, support groups, and other tools are available to help you navigate the process.

Gray divorce is rarely a single moment—it’s an unfolding of reckoning, resilience, and reinvention. While the path forward can feel uncertain, many who walk it discover new clarity, confidence, and connection on the other side. With thoughtful planning, trusted professional guidance, and strong support systems, later-life divorce can become not just an ending, but the beginning of a more authentic and fulfilling chapter. ■

Why We and

We casually use amusing catchphrases as a part of everyday conversation, saying things like “spill the beans,” “bite the bullet,” and “bury the hatchet,” as if their meanings are obvious to all.

In reality, many of us adopted these expressions through tradition, much like

longstanding family recipes, often without knowledge of their originators.

What are the surprising stories behind the phrases that have been used by generations?

“Spill the Beans”

Origin: In ancient Greece, votes for council members were cast by placing white (yes) and dark (no) beans into a container. If the jar tipped over, the beans would spill, revealing the outcome of the election before it was official.

Today: It means to reveal a secret or confidential information.

“Ride Shotgun”

“Spill the Beans”

BY ALAN BLITZ

“Riding Shotgun”

Origin: In the 1800s, guards with shotguns sat next to stagecoach drivers for protection.

Today: It refers to someone claiming the front passenger seat in a vehicle.

“No Spring Chicken”

Origin: Dating back to the 18th and 19th centuries when chickens born in the spring were tender and desirable for cooking, unlike older birds that became tough after winter.

Today: The saying describes a person who is older in age.

“Dog Days of Summer”

Origin: In ancient times, people noticed that the hottest, muggiest time of the year—late July to mid-August—lined up with the period when Sirius, the Dog Star, rose in the sky just before the sun.

Today: The Dog Days refer to the hottest, most humid part of summer.

“March Comes in Like a Lion and Goes Out Like a Lamb”

Origin: Referencing astronomy, it describes how the month begins with the constellation Leo (lion) rising in the east and ends with the sign of Aries (the ram or lamb) setting in the west.

Today: The month starts with harsh, winter weather like the roar of a lion and transitions to mild spring conditions like a gentle lamb.

“Bite the Bullet”

Origin: The most popular theory is that soldiers would bite down on bullets to manage pain during surgeries or severe punishments.

Today: It's when you have to face a difficult, unpleasant situation.

“Barking Up the Wrong Tree”

Origin: This refers to hunting dogs that chased their prey up a tree. The dogs would bark, assuming the prey is still in the tree when it is no longer there.

Today: The saying indicates you're looking in the wrong place for a solution or answer.

“Butter Someone Up”

Origin: A customary religious act in ancient India, the devout would throw butter balls at the statues of their god to seek favor and forgiveness.

Today: It's when you flatter or praise someone excessively.

“Don't Count Your Chickens Before They Hatch”

Origin: Originating from Aesop's fables (over 2,000 years old) when a milkmaid dreams of buying chickens with her milk money only to spill the milk and lose everything, the phrase warns against relying on future successes before they're certain.

Today: Don't rely on or make plans based on good things that haven't happened yet.

“Bury the hatchet”

Origin: Dating back to when the Native Americans and Puritans were in conflict and the Native Americans, in an attempt at negotiating peace, would bury their hatchets, knives, clubs, and tomahawks.

Today: Means to make peace, end a conflict, or settle a disagreement with someone.

“Hot Under the Collar”

Origin: This 19th century phrase references men's stiff, high-collared shirts that trapped heat, resulting in getting flushed, sweaty, and hot around the neck when feeling embarrassed or angry.

Today: It still means to feel angry, annoyed, or upset about something.

“A Rolling Stone Gathers No Moss”

Origin: A Roman proverb credited to writer Publilius Syrus in 1st century BC who used it to describe people who avoid responsibility by constantly moving.

Today: The phrase continues to indicate someone who tries to avoid responsibility.

“Make Hay While the Sun Shines”

Origin: This phrase dates back to Medieval times when dry, sunny days were rare in northern Europe. Hay had to be cut and dried quickly to avoid rotting.

Today: This phrase encourages us to act while circumstances are in our favor.

“And That's All She Wrote”

This is one of those expressions many of us grew up hearing long before we ever stopped to wonder where it came from. The version most folks remember traces back to World War II. When young soldiers overseas got a short, blunt “Dear John” letter—just a few lines saying the romance was over—they would shake their heads and say, “Well . . . she wrote it, and that's all she wrote.”

It became a gentle, humorous way to say, “*That's the end of that,*” even when the situation was not funny at the time. By the late 40s and 50s, the phrase made its way into radio shows, barbershops, family kitchens, and schoolyards.

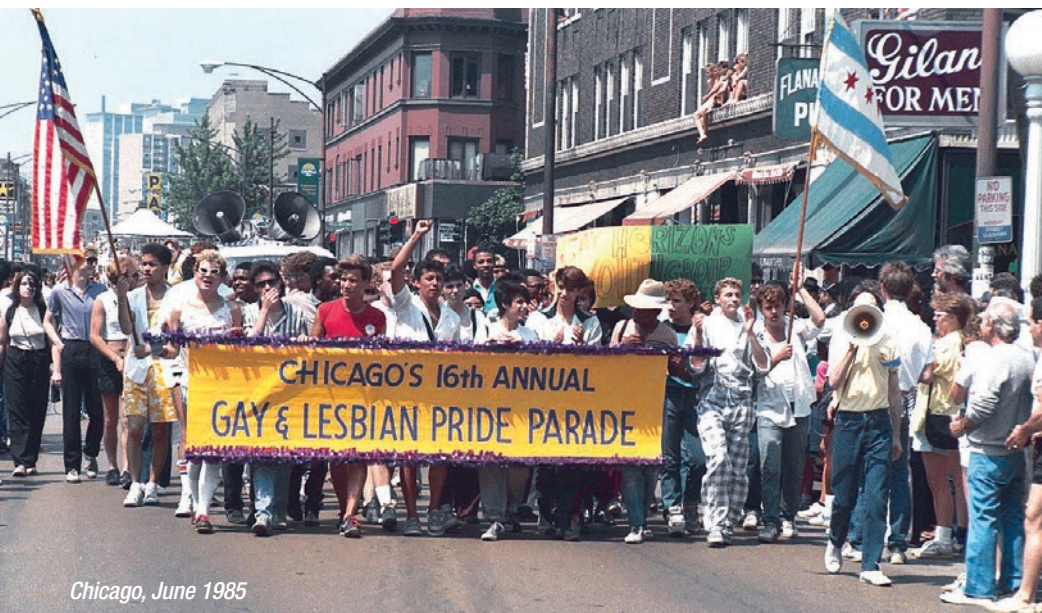
That is why it still sounds so familiar today like so many of the catch phrases shared in this story. It carries a little touch of wartime history, a bit of home-front storytelling, and the kind of easy rhythm people use in everyday conversation. ■

Chicago's Rich & Complex

LGBTQ+

HISTORY

BY DESIREE
SCHIPPERS



Chicago, June 1985

EVA KOTCHEVER (A.K.A. EVE ADAMS)

Mara Lazer reported for WBEZ Chicago that Adams was a Polish Jewish immigrant who ran a literary salon in the neighborhood, selling radical publications and likely writing one of the first books of lesbian short stories, *Lesbian Love*. She later moved to New York and opened Eve's Hangout, America's earliest lesbian establishment.

"A magnet for diversity, the Tearoom was an open space for Jewish and immigrant intellectuals, who weren't always welcome in the xenophobic cultural life of the time. Above all, it was a safe space for women, who frequently could not venture into restaurants without a male guardian, and particularly for lesbians," Reina Gattuso explained in *Atlas Obscura*.

Despite her significant contributions toward community building and brave authenticity, Adams' work came at a high cost. In 1926 she unknowingly courted an undercover police officer, who stole a copy of *Lesbian Love* and reported her homosexual behavior. She was later arrested for obscenity (lesbianism) and spent a year and a half in jail before being deported back to Poland.

In later years, she spent time in Paris, finding community with artists and

Queer people have always existed, but it's often difficult to find well-documented queer stories and historical records. Chicago is home to one of the most prominent LGBTQ+ communities in the Midwest, going as far back as the Industrial Revolution. Chicago's industry jobs drew many singles who lived in communal lodging areas, where people could build their own communities and create subcultures apart from mainstream, traditional lifestyles. It was common for lesbians and gender non-conforming women to "pass" as men in order to get better-paying manual labor

jobs. Towertown, the neighborhood near Chicago's famed Water Tower on the north side, became one of the original "gayborhoods" in the 1920s.

As industrialization caused noise, pollution, and an influx of working-class people, immigrants, and people of color, wealthy white residents began moving further north, which allowed their mansions to be split into affordable apartments and studios. One particular resident of Towertown has gone down in history as an early queer icon—for good reason.



Eve Adams



Eve Adams and siblings

bohemians. She began selling literature, particularly censored and banned books, like Henry Miller's *Tropic of Cancer* and D.H. Lawrence's *Lady Chatterley's Lover*. Despite her success, her struggles were far from over.

"The antisemitism and homophobia that had already uprooted Adams found her again. In 1940, the Nazis marched into Paris. Like many Parisian Jews, Adams fled to southern France. She desperately sought help from friends and foreign governments, but with only an expired Polish passport and a discontinued American citizenship application, she had no luck," Gattuso said.

Adams was captured and sent to Auschwitz, where she was killed by Nazis.

HENRY GERBER

Another influential Chicago figure in the 1920s is German immigrant Henry Gerber, who founded the U.S.'s first gay rights organization, the Society for Human Rights. Additionally, he produced and published *Friendship & Freedom*, the first American publication for gay men. Although both the Society and *Friendship & Freedom* were short-lived due to the arrest of Gerber and several Society members, his legacy stands strong. The home where he founded the organization and wrote the publication is now a Chicago and national landmark and the Gerber/Hart LGBTQ+ Library and Archives is named in his honor. The library collects, preserves, and shares the history and culture of LGBTQ+ communities

throughout Chicago and the Midwest. The organization also hosts public programs that explore and celebrate this history and culture, including exhibits, lectures, panel discussions, film screenings, and more.

LEGAL MILESTONES

Illinois became the first state to decriminalize private, consensual homosexuality on January 1, 1962. However, police continued to raid bars and queer social spaces, arresting people for "disorderly conduct." It wasn't until 1988 that Chicago's city council passed the Human Rights Ordinance, granting queer people social equity under the law and making it illegal to discriminate against LGBTQ+ people,



Henry Gerber

people with disabilities, and anyone for their race, age, religion, marital status, and more.

FIND YOUR COMMUNITY

Though sometimes hard to find, queer stories are a critical part of our city's history and culture. For more local stories, the Gerber/Hart LGBTQ+ Library and Archives have an abundance of online and physical resources. For those interested in telling their own story or hearing the stories of our local queer community, Sidetrack Chicago hosts a monthly LGBTQ+ storytelling series called OUTSpoken!.

For local resources and connections, Center on Halsted has a thriving community of support. For more information, visit www.centeronhalsted.org. ■

Photo Credits: Chicago's 16th Annual Gay & Lesbian Pride Parade, June 1985, Photo by Alan Light.

Eve Adams: Ben Reitman Papers, University of Illinois Chicago, Archives.

Eve Adams Family: Eve (center) with her brother Yerachmiel Zloczewer and sister Tobe in Poland, 1925. Source *The Daring Life and Dangerous Times of Eve Adams*, Copyright Jonathan Ned Katz, Chicago Review Press.

Henry Gerber: Chicago LGBT Hall of Fame.

Professional & Community Education Program: Take Pride in Our Future

Presented by Dutton Casey & Mesoloras P.C., Attorneys at Law

Thursday, June 4

9:30 - 11 a.m.

NSSC's Golder Dining Room

Join us to explore the unique late-life planning challenges LGBTQ+ individuals face and to learn practical strategies, care planning tools, and essential resources to secure your future.

1.5 CEUs available for LPC/LPCs and LSW/LCSWs for \$10.

Free attendance. Registration required. To register, call 847.784.6030 or visit nssc.org.

Save the Date

TERRY & DONNA C. KING

GOLF 
OUTING

MONDAY, SEPTEMBER 28, 2026

SKOKIE COUNTRY CLUB

500 Washington Avenue, Glencoe

**10:30 a.m. Registration • 11:30 a.m. Buffet Lunch • 12:30 p.m. Shotgun Start
5:30 p.m. 19th Hole Happy Hour • Contests & Raffle**

\$675 per Player • \$2,700 Foursome

Includes buffet lunch, golf, cart, forecaddie, valet parking, bag drop services, locker room facilities, use of practice range and putting green, 19th Hole Happy Hour, and prizes.

\$150 19th Hole Happy Hour Only

Event Info — Debra Mell • 847.784.6037 • dmell@nssc.org

Sponsorships — Victoria Marchio • 847.293.0008 • vmarchio@nssc.org

**Chip in to change the lives of older adults
in our community**

north shore senior center

CHOOSING A MUSIC APP

Made Simple

BY NATALIE KAHAN



Remember the days of organizing hundreds of CDs or flipping through record bins to find the perfect song? Today, enjoying your favorite music has never been easier. Simply download the app of your choice from the App Store and create an account. Then, you can begin listening right away.

With so many music apps available, the best choice depends on your listening habits and the devices you use. Not sure which app is right for you? We've listed the pros, cons, and costs of some of the most popular ones to help you decide—so you can start listening to your favorite tunes.

Spotify



Advantages:

Spotify offers a large music library with millions of songs from every genre and decade. It also creates custom playlists based on your listening habits, making it easy to discover new music without having to search for it yourself.

Disadvantages: The free version includes ads. To remove ads and unlock all features, a Premium subscription is required.

Cost: An individual Spotify Premium plan costs \$12.99 per month, while a family plan runs \$21.99 per month.

Apple Music



Advantages:

Apple Music works seamlessly with Apple devices such as iPhones, iPads, and Macs. Siri makes it easy to play your favorite songs using voice commands. Apple Music also offers a separate app called Apple Music Classical, which allows users to search for music by instrument, conductor, or composer.

Disadvantages: Apple Music does not offer a long-term free version. While it is available on Android and Samsung devices, it does not work as smoothly as it does on Apple products.

Cost: An individual plan is \$10.99 per month, and a family plan costs \$16.99 per month. Some phone plans include Apple Music as an added benefit.

Pandora



Advantages:

Pandora works similarly to a radio station. It creates different playlists based on your listening interests. This is great for passive listening and background music. It also has a straightforward interface, making it simple to find.

Disadvantages: Pandora has less available music than the other options. With the free plan, there are ads and users cannot pick which specific songs they want to listen to.

Cost: Pandora Plus, for ad-free radio, costs \$4.99 per month. Pandora Premium, for ad-free radio and on-demand song/playlist is \$10.99 a month.

YouTube Music



Advantages:

YouTube Music provides access to almost any song or video, including live performances and rare recordings.

Disadvantages: The free version includes ads that can interrupt listening. Also, with the many different versions of songs available, it can be hard to find a specific version. Some of the app's icons are small and can be difficult to tap.

Cost: YouTube Music Premium costs \$10.99 per month.

Let's Talk ABOUT DEATH: Death Cafes and Honest Conversations

BY DESIREE SCHIPPERS

**“One of the pigs is a runt,”
said her mother. “So, your
father has decided to do
away with it.”**

**“Do away with it?”
shrieked Fern. “You mean
kill it?”**

The children's classic *Charlotte's Web* engages with death openly and consistently. From the very first page, death is abundantly present, and it's immediately clear that the topic isn't going to be sugar coated. Death is presented, examined, and explored rigorously.

Death, when presented in the context of farm animals like pigs, flies, rats, and spiders, can sometimes feel easy to conceptualize and talk about. But as death becomes less abstract, coming for our pets, loved ones, and selves, it's increasingly harder to discuss. We hear the family dog went to live on a farm. That grandma is “no longer with us.” Or told in whispers that our coworker has terminal cancer.

Death Cafes want to change that.

**“After all, what's a life
anyway? We're born, we
live a little while, we die.”
—CHARLOTTE**

Originating from Swiss anthropologist Bernard Crettaz, Cafe Mortels or Death Cafes are not physical spaces, but community gatherings held to talk openly about death and grief over tea, coffee, and light snacks.

Death Cafe's official website describes them as a “social franchise,” meaning facilitators who follow the official guide and principles of Death Cafe can use the name to host events, post them to the Death Cafe website, and communicate as press affiliates of Death Cafe.

The North Shore's local Cafe, based in Evanston's Robert Crown Community Center, describes its meetings like this:

“Death Cafe offers individuals a place to gather



to discuss various topics related to death in a safe environment without an agenda, judgment, or criticism.”

More importantly, they also explain what a Death Cafe is not.

“Death Cafe is not bereavement support or grief counseling. Death Cafe doesn’t work for people who aren’t able to discuss death comfortably and openly. Death Cafes are also not an opportunity to give people information about death and dying—regardless of how good or important it is. Having guest speakers and informational materials are actively discouraged.”

At Evanston’s Death Cafe, a group of people gather in a small room tucked into the library. Most are older, some are younger, and they sip tea and chat quietly in a circle. The facilitator, a death doula, begins the meeting with

brief introductions. Everyone shares their name and current relationship with death. To kick off the conversation, he pulls out a deck of “coffin cards” and selects three coffin-shaped cards with questions that explore grief, death, and life. Then, conversation begins to flow—naturally and excitedly.

“A spider’s life can’t help but be something of a mess. But by helping you, perhaps I was trying to lift my life up a trifle.”

—CHARLOTTE

The most striking and frequent element of Death Cafe is the laughter.

“I was surprised by how much fun I had, and how often we laughed,” one participant said. “The conversations are important; a little heavy at

times, but it never feels dark or depressing. It feels good to be honest and to process the things surrounding death that nobody really acknowledges.

“Death is a part of living, just like giving birth or other major life events. It’s important to be there for each other, and this community has really helped me along in my journey with death,” she explained.

Pet deaths are a common topic at Death Cafes.

“We are our pets’ entire world. They are present in ours sometimes more than our friends or family. They are there when we wake up, for every meal, for each walk, and at bedtime. They don’t leave or have their own lives like children,” another participant discussed.

Grief, in all forms, is also a regular topic. At a Cafe in Manhattan, Kansas, participants explored complex family dynamics and the pain and grief of family dysfunction.

“Parental relationships, breakups, and estrangement.

They all come with grief!

Sometimes you grieve people who are still alive. Sometimes live people are dead to you.

It’s nice to be able to talk about it without judgment,” Daisy, a regular attendee said.

A core value of Death Cafe is to learn more about death so that you can make the most out of life.

“Death is always there. It’s coming for us at some point, and you never know when. I’m less scared now though. This group and these discussions help me appreciate each day that I get to wake up and live,” Daisy said.

“All these sights and sounds and smells will be yours to enjoy, Wilbur—this lovely world, these precious days ...” —CHARLOTTE

As children, *Charlotte’s Web* helped introduce us to and reckon with death.

Wilbur grieved his little girl growing up, realized his own mortality, and confronted the loss of his friend. Charlotte taught us to appreciate life, no matter how finite, and to find meaning in friendship and connection.

As adults, Death Cafes can provide the same type of safe exploration, conversation, and catharsis we found as children. By breaking down stigma, offering space to engage with the unknown, and even helping you find companions along the way, Death Cafes are making life—and death—a little bit easier, one sip at a time. ■





YOUR HUB FOR SUPPORT & RESOURCES:

Support Groups

No one should have to navigate life's challenges alone. NSSC support groups offer welcoming spaces where individuals and families can connect, share experiences, and find resources. Support groups are free and open to the public.

Hearing Loss Support

Sound Off: Hearing Loss Support Group

Learn more about assertiveness, self-advocacy, and new assistive technologies that can help people with hearing loss live life to the fullest. Share solutions and successes, as well as frustrations. Meets in-person in NSSC's Weber room on the fourth Monday of each month from 10:30 a.m. to 12 p.m. and virtually on the first, third, and fifth Monday from 11 a.m. to 12 p.m.

senioroptions@nssc.org
847.242.6297

Chicago North Shore Chapter of the Hearing Loss Association of America (HLAA)

This group of hearing advocates teaches each other and anyone who's interested in learning more about strategies for effective communication and assistive technologies for people with or without hearing aids. Meets in a hybrid format the second Monday of each month in NSSC's Weber room from 10 a.m. to 12 p.m.

president@hlaacns.org



Support for Individuals & Families

Caregiver Support Group for Spouses & Partners

Tailored to spouses and partners navigating the journey of caregiving, this group provides an opportunity to share experiences, exchange valuable insights, and receive emotional support for people providing care for their partners. Meets virtually the fourth Wednesday of the month from 3 to 4:30 p.m.

caregiversupport@nssc.org
847.784.6041

Family Caregiver Support Group

This community is an inclusive space for any family members providing care to loved ones to connect and share experiences. Meets virtually the second Wednesday of the month from 3 to 4:30 p.m.

caregiversupport@nssc.org
847.784.6041

Grandparents Raising Grandchildren Support Group

This group supports grandparents in navigating the unique journey of raising grandchildren. Care and entertainment for children is provided during meetings. Meets in person the second Tuesday of the month from 6 to 7:30 p.m.

caregiversupport@nssc.org
847.424.5671

Parkinson's Disease Support Group

This group provides information and encouragement in dealing with common concerns and issues for people living with PD. Both individuals with PD and family caregivers are welcome to attend. Meets at NSSC the second and fourth Wednesdays of the month from 2 to 3 p.m.

caregiversupport@nssc.org
847.784.6041

Dementia Family Support Group

Dementia comes with unique challenges, and this group provides a supportive community for individuals with family members navigating life with dementia. Meets virtually the third Thursday of the month from 2:30 to 4 p.m.

how@nssc.org
847.242.6250

Memory Café

Memory Café offers a safe, friendly space for people with memory loss and their care partners to have fun and connect with others, while enjoying activities such as art therapy, music, creative storytelling, entertainment, and more. People experiencing memory loss must attend with a care partner. Meets the second Monday of each month from 12 to 1:30 p.m.

caregiversupport@nssc.org
847.784.6041

Funding in whole/part for these programs is provided by AgeOptions.

Finding Joy & Connection *at House of Welcome*

BY AMY KRAUSE

When Peggy's neurologist recommended NSSC's House of Welcome (HOW) Adult Day Program, she and her daughters decided to give it a try.

Her daughter Margaret said, "I spend regular time with my mom, and she has a live-in caregiver who is wonderful, but my sisters and I knew she needed more stimulation."

Peggy started attending the Day Program three afternoons a week. "We quickly realized she needed and wanted more so she now attends five afternoons a week."

Research consistently shows that socialization and meaningful engagement are essential for people living with Alzheimer's disease and other dementias. "Regular interaction is linked with better cognitive health, eases anxiety, and helps maintain communication skills. Purposeful activities provide comfort, structure, and a sense of connection—even as memory changes," explained Cynthia Phon, LCSW, director of House of Welcome Adult Day Services.

Peggy immediately took to the program, embracing the activities, especially baking, and newfound friends. "My mom is a

different person after spending an afternoon at HOW," Margaret said. "She's clear-headed, more articulate, and calmer. While it's sometimes challenging getting her out of the house to get to the program, it's just as challenging when it's time to leave at the end of the day. Sometimes it takes us 10 minutes to leave because she's having so much fun and wants

to thank everyone for the wonderful time she's had."

A big part of Peggy's joy comes from spending time with the high school volunteers from Loyola Academy. Peggy spent most of her adult life volunteering—at Loyola, Children's Memorial Hospital, Glenview Youth Services, and for a support group for parents whose

children have cancer—now she is getting back all she gave.

"The volunteers and staff are so nurturing with the participants. They spend a lot of time helping them invoke memories through conversation, music, and trivia, and that is so important to slowing the progression of the disease," said Margaret. "I'm always moved by how they cheer each other on during games and activities; it's such a positive atmosphere!"

“When my mom is at HOW, she is doing all the things her caregiver and I can't do for her on our own. She's experiencing different people, projects, and activities. When she is at HOW, I am at peace.”

—MARGARET



SESSIONS & RATES

Families can choose from morning, afternoon, or full-day options. Participants must attend a minimum of two sessions per week. To secure a spot, a one-month refundable deposit in advance is required.

Morning: 9 a.m. - 12:30 p.m.

\$100/day; includes lunch

Afternoon: 1 - 5 p.m.

\$100/day

Full Day: 9 a.m. - 5 p.m.

\$150/day; includes lunch



May-August 2026

Lifelong Learning Catalog

Enjoy

NSSC Tuesday Club Program

Information or Manipulation?

Navigating News in the Social Media World (Hybrid)

Americans are increasingly getting their “news” via social media. Multiple factors determine the way we receive this information. Dr. Ray Silverman discusses “information bias” and how we are being manipulated more than being informed.

Tue 5/5 10:30 - 11:30 a.m.
No Fee 13296

Five Principles of Healthy Aging (Hybrid)

Art Muir gives a practical explanation of fostering a healthy lifestyle as you age.

Tue 5/12 10:30 - 11:30 a.m.
No Fee 13298

Sisters of Influence (Hybrid)

Andrea Ross describes sisters Zina, Amy, and Rose Fay’s efforts to broaden women’s spheres of influence in the late 1800s and their role in founding the Anti-Cruelty Society.

Tue 5/19 10:30 - 11:30 a.m.
No Fee 13299

Navy Band Great Lakes

Known as “America’s Band,” the Navy Band Great Lakes performs patriotic military musical arrangements and more. Performance is onsite only.

Tue 5/26 10:30 - 11:30 a.m.
No Fee 13300

Northwestern University Student Music Performance

A student ensemble from the Bienen School of Music at Northwestern University performs for your entertainment. Performance is onsite only.

Tue 6/2 10:30 - 11:30 a.m.
No Fee 13301

Safety in the Home (Hybrid)

Village of Northfield’s Assistant Fire-Rescue Chief Thomas Burke discusses how to keep safe in and around your home.

Tue 6/9 10:30 - 11:30 a.m.
No Fee 13302

Medical Tourism (Hybrid)

Professor and author Ilan Geva reviews the popularity of travel to other countries for medical care that is either waitlisted or unaffordable in the United States.

Tue 6/16 10:30 - 11:30 a.m.
No Fee 13303

Updates from the Anti-Defamation League of Illinois (Hybrid)

Rachel Hirsch of the Anti-Defamation League takes an in-depth look at the trends in antisemitism with a special focus on Chicago and Illinois.

Tue 6/23 10:30 - 11:30 a.m.
No Fee 13304

Around the Town Chicago (Hybrid)

Al Bresloff returns with a discussion of current local theater and dining as well as other special events of interest to the community.

Tue 6/30 10:30 - 11:30 a.m.
No Fee 13305

Somewhere in Europe:

The World War II Letters of Sam Lesner (Hybrid)

Judy Holstein shares excerpts from letters home written by her father Sam Lesner to her mother Esther from January 1944 through September 1945.

Tue 7/7 10:30 - 11:30 a.m.
No Fee 13307

Delmark Records (Hybrid)

Julia A. Miller, CEO and President of Delmark Records, shares the history of the oldest continuously operating jazz and blues independent label in the U.S.

Tue 7/14 10:30 - 11:30 a.m.
No Fee 13308

How Judges Are Chosen (Hybrid)

U.S. Bankruptcy Judge A. Benjamin Goldgar (ret.) and Cook County Associate Judge Rita M. Novak (ret.) explain the ins and outs of federal and Illinois judicial selection and the differences and similarities between both judicial systems.

Tue 7/21 10:30 - 11:30 a.m.
No Fee 13309

Eyecare for Older Adults (Hybrid)

Dr. Jack Cohen speaks about the anatomy of the retina and macular function, as well as symptoms, signs, testing, treatments, and outcomes for both dry and wet macular degeneration.

Tue 7/28 10:30 - 11:30 a.m.
No Fee 13310



The Rat Line: Nazi Fugitives Post World War II (Hybrid)

Nazi officials and collaborators escaped from Europe to South America after World War II. Illinois Holocaust Museum docent Cecilia Litovsky discusses why many ended up in Argentina.

Tue 8/4 10:30 - 11:30 a.m.
No Fee 13311

Celebrity Stories with Joe Mantegna (Hybrid)

Celebrated actor Joe Mantegna joins on Zoom and is interviewed by his brother Ron. Learn inside stories about Sinatra, Joe Pesci, Steven Spielberg, Peter Falk, and many more!

Tue 8/11 10:30 - 11:30 a.m.
No Fee 13312

NSSC TUESDAY CLUB ANNUAL PICNIC

Tuesday, August 18

9 a.m. - 2 p.m.

Kenilworth Assembly Hall Park

(See class description for details.)



Tuesday Club Annual Picnic

All NSSC members are welcome to enjoy the annual Tuesday Club picnic with a bean bag toss, bocce tournament, and a cook-out with burgers, brats, and all the fixings. There will also be drawings for prizes and more! Registration in advance in Lifelong Learning is required. There is no 10:30 a.m. Tuesday Club Presentation on this day. Meet at Kenilworth Assembly Hall Park.

Tue 8/18 9 a.m. - 2 p.m.
\$10 Member; \$15 Non-member 13313

Special Needs Trusts and Guardianships

Attorneys Rachael Gould and Katie Yoder explain special needs trusts, guardianships, and conservatorships.

Tue 8/25 10:30 - 11:30 a.m.
No Fee 13314

Enjoy

Daytrips

Matisse's Jazz: Rhythms in Color at the Art Institute of Chicago



In the early 1940s, Henri Matisse turned his focus to a new medium: cut paper. He had become bedridden and unable to paint, and cut paper allowed him to continue to create. Mining his memories of Parisian music halls, the circus, trips to Tahiti, folktales, and mythology, Matisse produced a series of 20 cut-paper maquettes. These works were faithfully reproduced using pochoir (stencil) and combined with an original text written by Matisse to form an unbound book called *Jazz*, published in 1947, which caused an immediate international sensation and reinvigorated the aging artist. Enjoy a self-guided tour of Matisse's *Jazz: Rhythms in Color*, and explore other exhibitions at the gallery including *Korean National Treasures: 2,000 Years of Art*, a collection of exceptional and storied objects from throughout Korean history as a means of preserving and celebrating the nation's cultural heritage. Also, check out *Emerging from Darkness*, exquisite prints by contemporary Japanese artist Hamanishi Katsunori. Lunch is at Greek Islands Restaurant. Includes lunch, tickets, all fees, and transportation.

Thu 5/14 10:30 a.m. - 4:30 p.m.
\$139 Member; \$169 Non-member 13375

Tour the Historic Pullman District with Tim Wittman



In the second half of the 1800s, there were many attempts to realize the dream of creating a "Utopian Industrial Town." Arguably the best example anywhere was built in Chicago by George Pullman, owner of the famous railroad car building company. Located in what he considered the most ideal location in the U.S., the development known as "Pullmantown" was designed to meet the daily needs of its workers, provide profit for the company's shareholders, and produce rail cars prodigiously. View the industrial, commercial, and residential ensemble of buildings designed to maximize productivity while providing a healthy and happy environment for the employees for one of the first truly global industries. Tim Wittman introduces you to this amazing development, which is now one of America's few urban National Parks. Lunch at Pizza Capri, an old-style, family-run Italian restaurant in Hyde Park. Includes lunch, tour, and transportation.

Thu 5/28 9 a.m. - 4 p.m.
\$125 Member; \$149 Non-member 13376

Celebrate 250 Years of American History with Gaffigan, Thibaudet, and Bernstein at Symphony Center



As part of the Chicago Symphony Orchestra's tribute to 250 years of American history, Jean-Yves Thibaudet takes on the extravagant, jazz-infused piano solo in Leonard Bernstein's *The Age of Anxiety*, based on W. H. Auden's poem about the quest for faith and meaning. James Gaffigan conducts sumptuous orchestral highlights from Gershwin and Weill musicals that frame a stirring selection of spirituals performed with the Apostolic Church of God Sanctuary Choir. Enjoy lunch at Remington's before the performance. Includes lunch, tickets, all fees, and transportation.

Fri 6/12 10:30 a.m. - 4:30 p.m.
\$159 Member; \$195 Non-member 13377



Visit Cantigny Park



Visit Cantigny in Wheaton, the former estate of Joseph Medill and his grandson Colonel Robert R. McCormick, who were publishers of the *Chicago Tribune*. Enjoy the beauty and tranquility of the gardens on a guided tour in the morning and then a picnic lunch in the park. In the afternoon, stop at the Visitors Center for a short film of the history of Cantigny followed by a self-guided tour of the engrossing exhibits at the 1st Division Museum. Colonel Robert R. McCormick was a World War I veteran of the First Division of the US Army, known as the Big Red One. No institution other than the *Chicago Tribune* was dearer to him. Start your journey with the history of the Big Red One, America's most storied division, in World War I and continue to the modern day. Head outside again to see the wondrous collection of tanks and artillery pieces dating back from World War I to Desert Storm and Desert Shield. Includes picnic lunch, tour, fees, and transportation.

Wed 6/24 9:15 a.m. - 4 p.m.
\$99 Member; \$119 Non-member 13378

Step Back into Chicago's Gilded Age

Take a trip back in time to the Gilded Age of Chicago with tour guide Cathy Holleb and hear tales of Chicago residents and how they lived in the late 19th century. Learn about famous residents like Bertha Palmer and Edith McCormick Rockefeller, as well as the residential architecture of the age. Visit RH Gallery in the former Three Arts Club, which was a residence for single women. Stroll through the residential design galleries and see the renovated courtyard, now the 3 Arts Club Café. Visit Holy Name Cathedral, the seat of the Chicago Archdiocese. This Victorian Gothic church from 1875 has retained its beauty and splendor. After lunch, tour Booth Manor, originally the Tilt family mansion on North Broadway, now used for the offices of the Salvation Army Officer's Training Center. Learn the story of the Tilt family residence and the history of the Salvation Army and their important role in helping others. Includes lunch, all fees, tours, and transportation.

Thu 7/9 9 a.m. - 4 p.m.
 \$139 Member; \$169 Non-member 13379

Premier Architectural Lunch Cruise on the Chicago River

Celebrate summertime in Chicago with a Premier Plus architectural lunch cruise on the Chicago River! Fine dining and unrivaled skyline views await from the moment you step aboard this cruise. A selection of delectable plated lunch specials will delight your palate while you take in captivating panoramas of Chicago's iconic architecture from a glass-enclosed and comfortable vessel. Breathtaking views of the Willis Tower, Navy Pier, and the Old Chicago Post Office are just a few of the landmarks to see. Enjoy a narrated architectural tour that showcases over 50 iconic buildings and landmarks, masterful DJ entertainment, and top-notch lunch service. Includes lunch, tickets, and transportation.

Wed 7/22 10 a.m. - 2:30 p.m.
 \$159 Member; \$195 Non-member 13388



A Day at Volo Museum

Spend a carefree day at Volo Village, an exciting destination in Lake County. Begin the day with a visit to the *Titanic* exhibition honoring the 1,500 lives lost on that fateful night in 1912. This experience focuses on the deeply personal journeys of passengers, how they came to be aboard, and what became of them afterward. View the rare automobiles and artifacts connected to the *Titanic* era. Enjoy a barbecue lunch at Volo and then explore the huge Volo Museum. This museum has grown into a world-renowned attraction featuring classic and collector cars, memorabilia, vintage curiosities, and interactive exhibits. You can view the largest collection of Hollywood cars and iconic Batmobiles to jaw-dropping exhibits like the Combat Zone, Crime and Punishment, and one-of-a-kind Americana displays. Time permitting, you can browse the antique mall with over seven miles of antiques and collectibles. You won't want to miss the ice cream and coffee parlor with its rich hand-dipped Wisconsin ice cream! Includes admission, lunch, ice cream, and transportation.

Thu 8/6 9:45 a.m. - 5 p.m.
 \$125 Member; \$149 Non-member 13392


Buddy: The Buddy Holly Story at Drury Lane Theatre



Enjoy a wonderful lunch in Drury Lane Theatre's beautiful dining room and then sit back and discover the story of a rock and roll legend! *Buddy: The Buddy Holly Story* chronicles the life and music of Buddy Holly from his early start in Texas to his meteoric rise to fame and untimely death at the age of 22. His impact on the genre is profound and influences performers to this day. Experience the original sound that changed rock and roll as we know it. Includes lunch, tickets, fees, and transportation.






Wed 8/19 10:45 a.m. - 4:30 p.m.
 \$159 Member; \$195 Non-member 13400

KEY TO SHOES SYMBOLS FOR TRAVEL

Minimal walking – to/from bus, theater or dining 

Moderate walking – outdoor tours with tram, small museum or attraction  

Extensive walking – large museum or attraction with tour   

Performances & Special Events

Swing Into Spring with Petra van Nuis and Friends

A Luncheon and Performance Event!

Greet the arrival of spring with jazz vocalist Petra van Nuis! Accompanied by guitarist Andy Brown and Joe Policastro on bass, Petra presents classics like Rodgers and Hammerstein's "It Might As Well Be Spring," "Spring Is Here," and "April in Paris." Celebrate birds, flowers, and the spirit of rebirth through song in this joyful, seasonal celebration. Enjoy a delicious catered lunch before the performance.

Fri 5/22 12 - 2:30 p.m.
\$39 Member; \$49 Non-member 13367

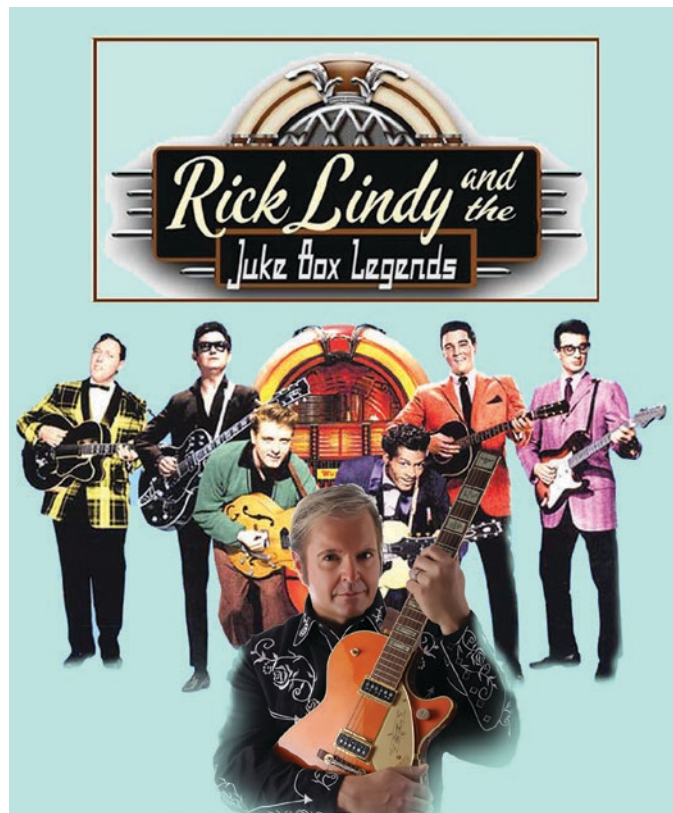


Experience Chicago Vintage Vibe!

A Luncheon and Performance Event!

Chicago Vintage Vibe, featuring Sheila Jones, Bob Samborski, and Julian Solway, celebrates cherished tunes from the Great American Songbook. Hear classics that span decades such as Billy Holiday's "Lover Man," Ella Fitzgerald's "It Don't Mean a Thing," Sarah Vaughan's "Fever," and the Aretha Franklin all-time hit, "Natural Woman." Start the summer right with this exciting tour through American music after enjoying a wonderful catered lunch.

Fri 6/26 12 - 2:30 p.m.
\$39 Member; \$49 Non-member 13368



Rick Lindy and the Jukebox Legends

A Luncheon and Performance Event!

Rick Lindy and the Jukebox Legends serve up a high energy tribute to the rock and roll greats of the 1950s and 1960s. This prolific band, comprising vocals, guitar, upright bass, and snare drum, will transport you through the decades on a wild, musical ride with the hits of Elvis, Jerry Lee Lewis, Johnny Cash, Chuck Berry, Roy Orbison, and, yes, The Beatles! Enjoy a sociable catered lunch before the music begins.

Fri 7/24 12 - 2:30 p.m.
\$39 Member; \$49 Non-member 13369

Beckie Menzie and Tom Michael Present The Piano Men!

A Luncheon and Performance Event!

Beckie Menzie and Tom Michael celebrate and pay tribute to three iconic piano men, Barry Manilow, Nat King Cole, and Billy Joel. Menzie and Michael reimagine many of the chart-topping hits as well as some rare finds of these three legendary men who have entertained and inspired us all singing at the piano for decades. Named "the most accomplished duo in Chicago" by Howard Reich of the *Chicago Tribune*, Menzie and Michael have appeared at The Auditorium Theatre, Park West, The Pritzker Stage at Millennium Park, and The Metropolis. Enjoy a catered lunch before the performance.

Fri 8/28 12 - 2:30 p.m.
\$39 Member; \$49 Non-member 13370

Adventure

Tour Historic Ragdale in Lake Forest

Enjoy a docent-led tour of Ragdale, the nationally acclaimed artists residency program located on the former Arts and Crafts country estate of architect Howard Van Doren Shaw and poet and playwright Francis Wells Shaw. Explore the historic Ragdale campus, including Ragdale House, artist studios, and exquisite gardens. Learn about the Shaw family history and the celebrated artist in residence program. Experience the seven-acre site which includes three historic homes, several artist studios, gardens, and vistas of the 50-acre Shaw Prairie. Originally built in 1897, the Ragdale House and the Barn House are both listed on the National Register of Historic Places, as is the farmhouse, built in 1838. Meet at Ragdale in Lake Forest.

Fri 5/8 1 - 2:30 p.m.
\$35 Member; \$45 Non-member 13364

Horsin' Around: An Equine Adventure at Freedom Woods

Enjoy an unforgettable equine adventure at Freedom Woods in Morton Grove. The morning begins with a presentation about horses and their behavior, followed by a tour of Freedom Woods and an orientation. Then the fun begins with some hands-on horse grooming, leading, and riding in the horse-drawn cart through the forest preserve. Plenty of opportunities for relaxation, being in nature, and engaging with these beautiful creatures! Meet at Freedom Woods. No horse riding involved.

Mon 6/15 9 - 11:30 a.m.
\$65 Member; \$79 Non-member 13244

Skokie Lagoon Canoe and Kayak Excursion

Enjoy a tour of the Skokie Lagoons with an expert guide from Chicago River Canoe and Kayak. Paddle through the peaceful forest preserves and take in the natural surroundings. Be on the lookout for water birds and turtles in their habitats! This outing is good for beginners as well as more experienced boaters. You will receive instructions, safety tips, and pointers before the excursion. Choice of kayak or canoe when you arrive onsite. Meet at the Chicago River Canoe and Kayak launch.

Fri 7/17 1 - 2 p.m.
\$39 Member; \$49 Non-member 13198

Films on Friday



Catherine Called Birdy

In this coming-of-age adventure, a 14-year-old girl in medieval England navigates life and avoids potential suitors her father has in mind. (2022, PG-13, 1h 48m)

Fri 5/1 1:30 - 4 p.m.
\$5 Member; \$7 Non-member 13189

Miss Pettigrew Lives for a Day

Guinevere Pettigrew, a middle-aged London governess, finds herself unfairly dismissed from her job. An attempt to gain new employment catapults her into the glamorous world and dizzying social whirl of an American actress and singer. Stars Frances McDormand, Amy Adams, and Ciarán Hinds. (2008, PG-13, 1h 32m)

Fri 6/5 1:30 - 4 p.m.
\$5 Member; \$7 Non-member 13191

Song Sung Blue

Two down-on-their-luck musicians form a joyous Neil Diamond tribute band, proving it's never too late to find love and follow your dreams. Starring Hugh Jackman, Kate Hudson, and Ella Anderson, and based on a true story. (2025, PG-13, 2h 13m)

Fri 7/10 1:30 - 4 p.m.
\$5 Member;
\$7 Non-member 13190



Wicked: For Good

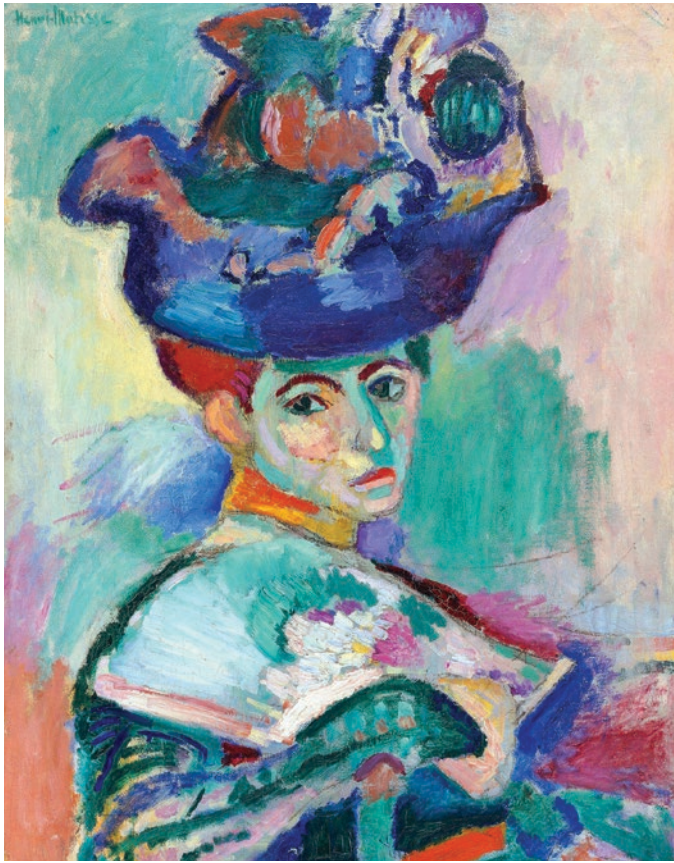
This second of a two-part feature film adaptation of the Broadway musical follows Elphaba, the future Wicked Witch of the West, and her relationship with Glinda, the Good Witch of the North. (2025, PG-13, 2h 17m)

Fri 8/7 1:30 - 4 p.m.
\$5 Member; \$7 Non-member 13192

Enjoy

Learn

Art & Architecture



The Art of Henri Matisse (Online)

Jeff Mishur, Art Historian, Art Excursions

Henri Matisse was one of the greatest artists of the last century. Art historian Jeff Mishur examines his career from his association with the Fauves to his work with paper cutouts. You will discover the artist's fascination with the processes of making art as well as his connections with fellow modernists. The Art Institute of Chicago has a special Matisse exhibit scheduled for spring.

Fri 5/8 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 13384

A wide variety of educational presentations and discussions led by an instructor. Our instructors are highly qualified professionals in their field, such as college professors, scientists, and educators.

Medici Florence and the Founding of the Americas (Hybrid)

Laura Johnson, Art History Professor

Celebrating 250 years of American history, art historian Laura Johnson looks at the events of the 1490s and the influences of the “New” World on the “Old” and vice versa. Her beautiful presentation features examples of glorious art and architectural achievements of Renaissance Florence. How were the Americas mistakenly named after a Florentine and did the Medici's investments in the “New World” lead in part to their political and cultural turmoil? Laura discusses the Columbian Exchange and explains why a tomato was known as a “poison apple” until the early 1800s, even in America!

Fri 5/19 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13355

How Vincent van Gogh Became Famous (Hybrid)

Sandra Krohnert, Art Historian and College Instructor

Vincent van Gogh is often regarded as one of the most famous artists in the Western world, a stature heightened by the myth of the “unknown starving artist” whose genius was recognized only after his death. Art historian Sandra Krohnert explains how this narrative is actually an anomaly that only finds truth in Van Gogh's true story. His posthumous fame was not accidental, but it was the result of the efforts of his sister-in-law Jo van Gogh-Bonger.



Wed 6/3 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 13188

What Graphic Genius Set the Stage for Norman Rockwell? (Hybrid)

Jim Parks, Visual Artist and Actor

Most every household in America has heard of illustrator Norman Rockwell. On the covers of hundreds of issues of the enormously popular *Saturday Evening Post*, his characters portrayed a unique American essence with humanity and humor. But Rockwell stood on the shoulders of his predecessor at the *Post*, a graphic genius named J.C. Leyendecker, who pioneered magazine cover formats for 40 years before anybody ever heard of Norman Rockwell. Artist Jim Parks tells the fascinating story of Leyendecker's remarkable draftsmanship, his rise to fame, and his impact on popular culture during the roaring twenties. It has been said that Leyendecker's fabulous star-studded New York parties were models for *The Great Gatsby*, yet behind all the money and fame, you will discover how a dark and secretive private life threatened to destroy everything.

Mon 6/15 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13336

Grant Wood and American Gothic: A Midwest Triumph (Hybrid)

Ruth Nelson, Art Historian

One of the most beloved attractions at the Art Institute of Chicago is Grant Wood's *American Gothic* painted in 1930. Acquired by the museum in the same year, the painting was an immediate hit. With Wood's success came fame, but there were unwarranted attacks that took a tremendous toll on his career. Art historian Ruth Nelson looks at Wood's life, and does a deep-dive into his most iconic work.

Fri 6/26 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 13233

The Enchanting Alhambra Palace (Hybrid)

Lisa Kent, Art Historian and Researcher

The Alhambra in Granada, Spain, is a medieval Moorish palace famous for the beauty of its architecture that has inspired stories and legends. It was built by the last Islamic dynasty in Spain during the 13th and 14th centuries. Moorish poets described it as "a pearl set in emeralds." The architecture is exquisite, with intricate tile work and geometric patterns that incorporate water and gardens into the designs. The Alhambra represents the height of Moorish culture before the fall of Granada to the Spanish in 1492. Uniquely well preserved, it brings back the lost era of sophistication and artistry of Moorish Spain.

Mon 7/20 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13213



Carving His Own Destiny: The Amazing Work of Sculptor Albin Polasek (Hybrid)

Tim Wittman, Associate Professor, School of the Art Institute

Czech-born sculptor and educator Albin Polasek was a major figure in Chicago sculpture, designing and installing public works here and in his newly independent homeland of Czechoslovakia after World War I. His works celebrated universal human themes and unique civic ideals for the people of his homeland. In addition, as director of the sculpture department at the School of the Art Institute for 30 years, he had an important impact on the next generation of Chicago sculptors. Architectural historian Tim Wittman tells the amazing life story of this underappreciated master sculptor.

Tue 7/21 - 7/28 (2X) 1 - 2:30 p.m.
\$29 Member; \$39 Non-member 13263

Mary Cassatt: An American Impressionist in Paris (Online)

Jeff Mishur, Art Historian, Art Excursions

Mary Cassatt worked as an artist in an age when most women of her station were restricted to the home. Despite this, she was able to work within her social structure to achieve success by painting private domestic scenes and subjects derived from the everyday life of modern women. She recognized a market opportunity for images of motherhood and depicted ordinary mothers and kids in striking compositions. Art historian Jeff Mishur discusses a selection of works and themes that Cassatt pursued during her career. The Art Institute of Chicago will have a Mary Cassatt exhibit in Fall 2026.

Wed 8/19 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 13272

Current Events

Presidential Pardons (Hybrid)

Michael Weissman, Attorney, Author, and Law Professor

The power of the President to grant pardons for federal crimes is found in Article II, Section 2 of the United States Constitution. It has been recognized by the Supreme Court as unlimited, extending to every federal offense known to the law except impeachment. Congress cannot constrain the President's authority through legislation. What criteria should the President use in granting pardons? Have pardons been granted as political favors? Can a President pardon himself? Law professor Michael Weissman provides the answers to these difficult questions.

Mon 5/11 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 13275

Instructor Spotlight

JOSEPH STEINFELS

Attorney and Adjunct Professor



Raised in Park Ridge, Joseph enlisted in the Marine Corps. In 1999, he was selected for an officer program and attended college. Upon graduation, he commissioned as a second lieutenant and went on to lead hundreds of Marines through combat deployments in Iraq and Afghanistan. He later taught infantry tactics at Quantico, served as Deputy Director of the Marine Senate Liaison, and was appointed Associate Professor at Duke University, where he taught undergraduate courses in leadership, national security, and ethical decision-making. In 2020, he was accepted to the Illinois Bar and served as an Assistant Public Defender before accepting appointment as an Assistant State's Attorney. He is currently assigned as a prosecutor of child victim crimes. His degrees include a B.A. in History from the University of Illinois Chicago, an M.A. in International Management from the University of Maryland, a Graduate Certificate in Government Studies from Georgetown University, an M.A. in Leadership from Marshall University, and a J.D. from North Carolina Central School of Law.

Silicon Valley's Growing Influence Over Our Politics (Hybrid)

Julie Strauss, Ph.D., Political Scientist

Tech companies have grown exponentially in the past two decades, and with that growth comes increasing political influence. Julie Strauss examines how the increasing power of tech companies and their leaders are influencing our politics from candidates who are supported through large donations to policies that are promoted to the Oval Office. This is particularly evident around the advance of Artificial Intelligence that has become part of our current political moment.

Mon 5/18 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13195

An Inside Look at the Federal Budgeting Process (Hybrid)

Joseph Steinfelds, Attorney and Adjunct Professor

Since our nation's founding, the national government has expanded its impact into the everyday lives of each American. Traditionally limited to tariffs, construction of national roads, and the postal service, the federal government now administers myriad controls ranging from national security, building materials, transportation, quality of clothing fibers, and even the very air we breathe. This all costs money, which depends upon our federal budget process. Joseph Steinfelds explains the history of the process and the current operations, as well as special circumstances such as sequestration and continuing resolutions.

Wed 5/13 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13267

The Rise of Political Partisanship in Contemporary America (Hybrid)

Joseph Steinfelds, Attorney and Adjunct Professor

Professor Joseph Steinfelds focuses on the evolution (or devolution) of American political discourse into the contemporary era.

He attempts to explain the increase in rancor and partisan attitudes among the political class and the greater electorate. Exploring the history of the American political system, the framework within which it operates, and the catalysts for the increasingly polemic nature of discourse, he shows how this all plays out in the political arena.

Wed 8/19 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13266



The Debate Over Birthright Citizenship: Causes and Consequences (Hybrid)

Peter Hudis, *Humanities and Philosophy Professor*

Why is birthright citizenship under threat today when it has been the law of the land since 1868? Peter Hudis explains how this debate has become a defining issue in the United States current political agenda. You will discover what the consequences of eliminating birthright citizenship would be for so many Americans.

Tue 5/26 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13261

To Protect or Promote Prosperity?: Debating the U.S. Trade Policy (Hybrid)

Joseph Harrington, *Educator, Writer, and Researcher*

From the earliest days of our country, United States trade policy has evolved through often furious debates over tariff levels, with advocates of open trade policies pitted against those committed to protectionism. Joseph Harrington places today's developments in their historical perspective, with a focus on the shifting and competing interests of different classes, sections, and economic interests.

Mon 6/1 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 13274

Israel Behind the Headlines: Catch Up (Hybrid)

Moshe Pomerantz, *Educator*

So many issues and events are occurring in Israel, yet few make the media outside of the country. Moshe Pomerantz brings you up to date on news in Israel, on developments in politics, science, and technology, and of course, the current negotiations with their Arab neighbors. Elections for Parliament must be held by fall 2026 which means there is even more to talk about.

Tue 6/2 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13228

World Reaction to U.S. Foreign Policy (Hybrid)

George Lungu, *Professor, Political Science and International Relations, Oakton Community College*

In international politics, as much as in Newtonian physics, for every action, there is an equal and opposite reaction. A year and a half into the second Trump Administration the world has begun to react to the foreign policy underpinning the "Make America Great Again" doctrine. How are other countries, particularly the great powers, responding to the new stance of the global hegemon? Political scientist George Lungu discusses the ways in which the world is adapting and responding to this revolutionary change in American foreign policy.

Fri 6/5 - 6/12 (2X) 1 - 2:30 p.m.
\$29 Member; \$39 Non-member 13330



The 2026 Midterm Elections (Hybrid)

William Adler, *Assistant Professor, Political Science, Northeastern Illinois University*

Political scientist William Adler investigates the upcoming 2026 midterm elections, laying out the electoral map in detail, with possible changes in the making. He examines specific critical House, Senate, and gubernatorial elections, and helps you understand them within historical context of past midterm contests.

Thu 6/18 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 13208

Why Doesn't Anyone Trust the Media? (Hybrid)

Michael Weissman, *Attorney, Author, and Law Professor*

The public view and trust for the media has undergone significant changes during the past few years. The latest Gallup Poll indicates that only 28 percent of Americans have confidence in newspapers, television, or radio to report the news fully and fairly. Nearly 70 percent say they don't! In fact, many place more trust in Congress instead. Michael Weissman explains why the media is viewed with such skepticism and how that can be remedied.

Mon 7/20 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 13340

Major Decisions of the 2025-2026 Supreme Court Term (Hybrid)

Julie Strauss, *Ph.D., Political Scientist*

Julie Strauss provides a review of the major decisions of the Supreme Court's term that just concluded. She discusses its decision on racial gerrymandering, as laid out in the Voting Rights Act. The Court's decision on a Colorado law banning conversion therapy, whether the president can fire a member of the Federal Reserve, and whether the president can unilaterally continue to impose tariffs are all issues that will be examined. This is an opportunity to take a deep dive into the Supreme Court's 2025-2026 docket.

Wed 7/22 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13196

Current Events (continued)

Economic Sanctions:

America's Tactic of First Resort (Hybrid)

Joseph Harrington, Educator, Writer, and Researcher

When foreign actors threaten U.S. interests or values, our leaders are pressured to do something. That “something” is often the application of economic sanctions on offending persons, organizations, and countries. Dozens of individuals and entities are now under U.S. sanctions, complicating commerce for companies operating internationally, but with dubious effect in achieving political objectives. Joseph Harrington describes the origin and evolution of economic sanctions and suggests proposals for alternative approaches.

Mon 7/27 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 13320

Project 2025: Toxic Plan for America (Online)

Jim Kenney, Co-founder Common Ground, Author

What is Project 2025? It is a strategy shaped by the ultra-right Heritage Foundation for dismantling much of the federal government, while concentrating enormous power in the presidency. Project 2025 has already begun to roll back civil rights, environmental, and economic protections. It has drastically reduced several federal agencies including the EPA and NOAA. It has also created the scenario of federal immigration agents violating the rights of American cities and their inhabitants. Jim Kenney takes a closer look at the plan, its core policies, its principal agents, its real-world impacts, and the powerful resistance it has engendered.

Thu 5/7 - 5/21 (3X) 10 - 11:30 a.m.
\$43 Member; \$52 Non-member 13374

The Rightward March of the Supreme Court (Online)

Jim Kenney, Co-founder Common Ground, Author

Jim Kenney explores the Supreme Court's rightward march during the Trump era, tracing how a durable six-justice conservative supermajority has reshaped constitutional doctrine on rights, regulation, and executive power. He spotlights three especially controversial decisions: *Dobbs v. Jackson Women's Health Organization*, which overturned *Roe v. Wade*; *New York State Rifle and Pistol Association v. Bruen*, which dramatically expanded gun rights; and *West Virginia v. EPA*, which sharply limited climate regulation. He also discusses the growing public concern about the Court's legitimacy, and if Democrats regain control of the House and the Senate, they might choose to expand the membership of the Court.

Thu 6/4 - 6/18 (3X) 10 - 11:30 a.m.
\$43 Member; \$52 Non-member 13381



Who Needs Allies?: The United States Alone in the World (Online)

Jim Kenney, Co-founder Common Ground, Author

Jim Kenney explores the ways in which Donald Trump's confrontational rhetoric, transactional diplomacy, and threats to withdraw support from NATO and other alliances have strained long-standing U.S. partnerships and alienated once-close allies. He asks what it means for a superpower to “go it alone” with a unilateral foreign policy that sidelines multilateral institutions, shifts security burdens onto allies, and narrows cooperation to short-term deals. Consider the risks of isolation, diminished global influence, and heightened instability when the United States retreats from coalition-building in our interdependent, crisis-prone geopolitical environment.

Thu 7/2 - 7/16 (3X) 10 - 11:30 a.m.
\$43 Member; \$52 Non-member 13382

The 2026 Midterms: Blue Wave or Purple Haze? (Online)

Jim Kenney, Co-founder Common Ground, Author

Can Democrats capitalize on growing discontent during Donald Trump's second term to make major gains in Congress and key states? Jim Kenney looks at the structural advantages Republicans hold in the House and Senate, but also at the shifting demographics in suburban and Sun Belt districts, and turnout patterns in this highly polarized environment. Finally, he examines a range of 2025 special election results and polling, trying to frame some possible outcomes on November 3, 2026.

Thu 8/6 - 8/20 (3X) 10 - 11:30 a.m.
\$43 Member; \$52 Non-member 13383



What Just Happened? (Hybrid)

Barry Bradford, Historian

Each month, award-winning historian Barry Bradford summarizes the news of the previous month. This is not a traditional current events program. Instead, Barry offers the historical background to the events that have happened. Questions are encouraged and you gain a deeper knowledge of what just happened. Class meets the last Thursday of each month.

Thu 5/28 - 8/27 (4X) 1 - 2:30 p.m.
\$57 Member; \$75 Non-member 13386

Foreign Policy Roundtable (Online)

Gary Midkiff, Historian and College Professor

Gary Midkiff leads this monthly discussion group exploring foreign policy issues of the day. Prior to each session, he emails an agenda and reading list to participants to prepare for that meeting. During the class, Gary discusses the issues on the agenda and allows participants the opportunity to compare and contrast their views and opinions about foreign policy issues. Class meets Friday morning on 5/1, 6/5, 7/17, and 8/7.

Fri 5/1 - 8/7 (4X) 9:30 - 11:30 a.m.
\$57 Member; \$75 Non-member 13429

Current Events Discussion Group

Lee Heiman, Facilitator

Lee Heiman moderates this interactive group of members expressing opinions on many different subjects. Bring your ideas and discuss anything and everything from local to international topics, such as politics, financial news, lifestyle trends, local happenings, and crime. Center membership required to participate. Meets first Wednesday of each month.

Wed 5/6 - 8/5 (4X) 1 - 2 p.m.
No Fee 13177

American Politics and Current Events (Online)

Ron Mantegna, Facilitator

Take part in a lively discussion on topical issues of the day: politics, the economy, international happenings, science, our diverse society, local issues, and more. In short, explore what's making the news each week. Come to actively contribute to the moderator-led discussion as we cover a wide variety of topics, or come just to listen and learn from the opinions of others.

Mon 5/4 - 6/29 (8X - no class 5/25) 9:30 - 11 a.m.
\$25 Member; \$30 Non-member 13407

Mon 7/6 - 8/24 (8X) 9:30 - 11 a.m.
\$25 Member; \$30 Non-member 13408

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Dramatic Portrayals

Alexander Hamilton: As Told By His Wife Eliza (Hybrid)

Lynn Rymarz, Author and Storyteller

Hear the true story of one of our Founding Fathers of our nation, Alexander Hamilton, from his wife Eliza's point of view. She tells of his early beginnings in the West Indies, and the road that took him to America. Discover his important role in the Revolutionary War, and the part he played in the new America. Storyteller Lynn Rymarz shares the story of their love, their marriage and family, his betrayal, and his death in a duel. Learn of Eliza's courage and strength as she moved on with her life after his unfortunate death.

Fri 5/1 1 - 2 p.m.
\$15 Member; \$20 Non-member 13273

Instructor Spotlight

PADDY AND JON LYNN

Storytellers



Paddy discovered her love of theatre and entertainment as a child performing in school plays, a passion that continued through her theatre studies in college. After graduating, she married her college sweetheart, Jon Leslie Lynn, and the two settled in Mundelein to raise their family. In 2000, Paddy launched her own business, Paddy Lynn Storyacting, offering dynamic programs for both adults and children. As her business grew, she added several collaborative programs with Jon after his retirement from teaching. Jon also began acting at a young age, performing in his father's community theatre productions. After college, he spent 35 years teaching high school theatre and now serves as the Artistic Director of The Kirk Players Community Theatre in Mundelein. Together, Paddy and Jon continue to bring their engaging programs to audiences across Illinois, Wisconsin, Indiana, and anywhere else their talents are requested. "Living my passion" is Paddy's mantra—and it shows in everything they do.



Radiant Rebellion: Katharine Hepburn's Unstoppable Spirit (Hybrid)

Michelle Gibbons, Historical Presenter and Journalist

Step into the dazzling world of Hollywood's golden era with historical presenter Michelle Gibbons who brings the legendary Katharine Hepburn to life. Discover how Hepburn's fiery spirit, razor-sharp wit, and timeless elegance created the actress's iconic career and indomitable personality. From her unforgettable role as Jo March in *Little Women* to her electrifying performance opposite Cary Grant in *The Philadelphia Story*, Katharine Hepburn became a true cinema treasure.

Fri 5/15 1 - 2 p.m.
\$15 Member; \$20 Non-member 13225



George Burns and Gracie Allen on Radio and Television (Hybrid)

*Paddy and Jon Lynn,
Storytellers and Educators*

George Burns and Gracie Allen started in vaudeville in the 1930s and became the most beloved couple in *Old Time Radio*. Their radio show ran from 1934 to 1950 with 272 episodes lasting 30 minutes each. George played the straight man to the ditzzy world of his wife Gracie. Paddy and Jon Lynn present this lovable couple in a program honoring their beautiful spirits and memorable comedy routines.

Tue 6/30 1 - 2 p.m.
\$15 Member; \$20 Non-member 13297

Abigail Adams: A Lifeline of Letters (Hybrid)

Jessica Michna, Dramatist

After forty years of marriage, Abigail looks back to the days of her early marriage as a young wife and mother. Referring to the many letters written between her and her husband John Adams, she recalls the days of revolution and uncertainty. In this 250th anniversary year, the Revolution is discussed in more detail since she lived through it. She reminisces about the friendships forged in France and England as a diplomat's wife, the divisive election of 1800, and her management of the Adams' farm. Mrs. Adams brings to life the early days of Washington, D.C. as seen from the windows of an unfinished White House.

Fri 7/10 1 - 2 p.m.
\$15 Member; \$20 Non-member 13209



Beneath the Elegance: Unmasking the Resilience of Jacqueline Kennedy Onassis (Hybrid)

Michelle Gibbons, Historical Presenter and Journalist

Look beyond the enchanting beauty and seemingly flawless face of Jacqueline Kennedy Onassis, and you will discover a woman who weathered the storms of profound tragedy. Foremost among these trials was the heart-wrenching assassination of her husband, President John F. Kennedy. Michelle Gibbons portrays Jackie as she guides you through the pages of her life, revealing the depth of her love and unwavering devotion to JFK and their cherished children. She shares the ever-evolving world of fashion during her time, among many other facets of her life's journey. Learn of the resilience that defined Jacqueline Kennedy Onassis, a woman who stood strong in the face of adversity and left an indelible mark on history.

Fri 7/31 1 - 2 p.m.
\$15 Member; \$20 Non-member 13226

Film, Theater & TV

Capone's Vault (Hybrid)

William Hazelgrove, Best-Selling Author

In *Capone's Vault: The Real Story of the Biggest Disaster in Television History*, author William Elliott Hazelgrove weaves together the stories of Geraldo Rivera's career and the history of Al Capone, leading to the development of the infamous *The Mystery of Al Capone's Vaults* broadcast. These stories merge on the night of the show with a play-by-play recalling of the disastrous two-hour program and its aftermath. The broadcast was a simple bet that Geraldo Rivera would open a vault in the basement of a 19th century hotel and show the world something from Al Capone, but instead it would reveal basic truths about television that persist today. This is a wild and captivating true story for readers both new to the mystery and for those ready to relive what would be a crazy night that has defined live television for 40 years.

Mon 6/8 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13341

Jerome Robbins: Master of Movement (Hybrid)

Susan Benjamin, Musical Biographer

Jerome Robbins did more than dance or choreograph: he created concepts for some of our most successful American musicals. How did he come up with the idea for *West Side Story*? What led to his staging of *Fiddler on the Roof*? Susan Benjamin answers these and many other questions, featuring examples of some of his best-loved musical theater work along with stories of his personal life.

Fri 8/7 1 - 2 p.m.
\$15 Member; \$20 Non-member 13326

Everything You Know About Movies is Wrong! (Online)

Steve Frenzel, Film Researcher

Have fun blowing up the biggest movie myths around! Is the book always better than the movie? Are sequels and remakes proof that Hollywood has no imagination? Were movies really better in the old days? Film historian Steve Frenzel examines these beliefs and many others in this entertaining and informational program that is designed to help you love the movies more!

Fri 5/29 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 13428

Film, Theater & TV

(continued)

Brilliant Heists and Great Cons in the Movies (Online)

Steve Frenzel, *Film Researcher*

Many movies are a virtual how-to when it comes to conning people and robbing places. Steve Frenzel shows how thieves scheme and con artists deceive in this look at the other side of the law. He reveals the intricate planning and psychological manipulation that these artists use in films such as *House of Games*, *The Sting*, *Paper Moon*, *Mission Impossible*, *Ocean's Eleven*, and others. Relish the scenes with Paul Newman, Robert De Niro, Robert Redford, Barbara Stanwyck, Steve Martin, and more in this entertaining program.

Fri 7/10
\$15 Member; \$20 Non-member



10 - 11:30 a.m.
13426

The Creation of *A Funny Thing Happened on the Way to the Forum*

Charles Troy, *Musical Theatre Historian*

Stephen Sondheim's first Broadway show with both his lyrics and music was also his longest-running hit. See how Sondheim and his two collaborators made a triumphant musical out of the plays of an ancient Roman playwright, and how the show turned from a disaster to a hit with one new song that Sondheim wrote on the last week before Broadway! Charles Troy's newest program explores the creation of this improbable tale.

Wed 6/17
\$15 Member; \$20 Non-member

1 - 2:30 p.m.
13214

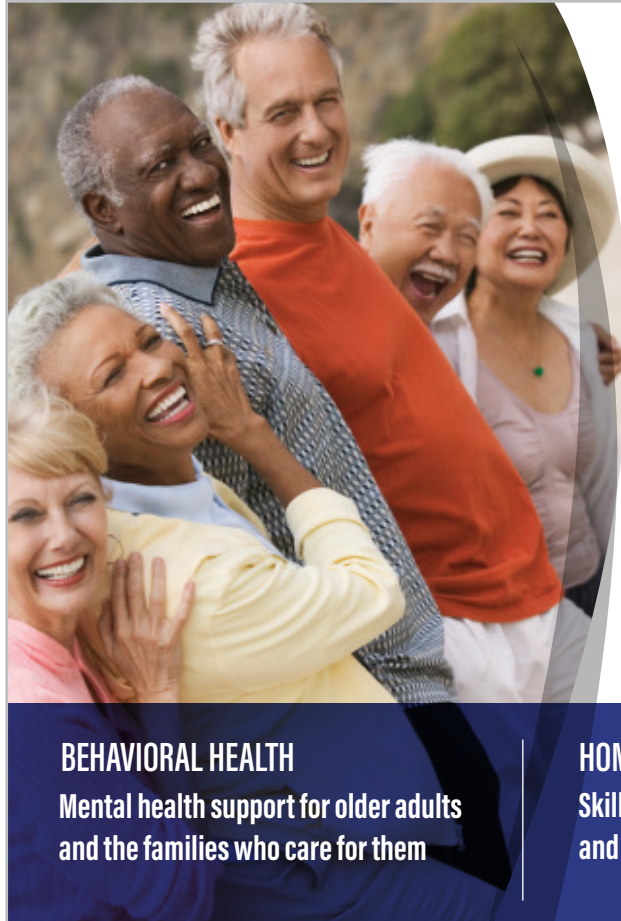
Ain't That a Kick in the Head!: The True Story of the Rat Pack (Hybrid)

Clarence Goodman, *Historian, Musician*

Who and what were "The Rat Pack?" How did they come together, and why do we still care about their work, their aura, and their legacy? Sixty years after their disbandment, Clarence Goodman explains the origins of their work and their legendary hi-jinks. The tales are entertaining, fascinating, and timeless.

Tue 6/23
\$15 Member; \$20 Non-member

1 - 2:30 p.m.
13218



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The Most Important Film Festivals in the World (Hybrid)

Zbigniew Banas, *Film Historian, Loyola University*

For decades, major movie festivals have been a great success story, each becoming a celebration of cinema, a gathering of movie stars, and a launching pad for many award-winning movies. There are a lot of colorful tales that over the years have emerged from such places as Cannes, Venice, Sundance, or Toronto. Filmmaker Zbigniew Banas recalls some of the most memorable festival-related moments and also addresses the question of whether these events are still relevant today, as watching movies at home seems to be increasingly preferable to enjoying the theatrical experience.

Wed 7/15

\$15 Member; \$20 Non-member

1 - 2:30 p.m.

13221

Vera-Ellen Dances into The Golden Age of Musicals (Hybrid)

John LeGear, *Film Producer and Historian*

John LeGear celebrates the extraordinary career of dancer/actress Vera-Ellen who arrived just in time to star in the Golden Age of Musicals during the 1940s and 50s. Born in 1921 near Cincinnati, Vera-Ellen Westmeier Rohe began on Broadway in the late 1930s before moving to Hollywood to star in major musicals. A childhood friend of Doris Day, Vera-Ellen is best known for her roles alongside Gene Kelly in *On the Town* (1949), with Fred Astaire in *The Belle of New York* (1952), and with Danny Kaye for her iconic performance in the 1954 film *White Christmas*.



Tue 5/5

\$15 Member; \$20 Non-member

1 - 2:30 p.m.

13223

Movie Music Love Affair (Hybrid)

John LeGear, *Film Producer and Historian*

For 30 years, educator John LeGear has been cobbling together film compilations from outstanding movies and putting them to accompanying music. His focus has always been on films that appeal to adult audiences, especially older folks who grew up going to their local movie theater on a weekly or monthly basis. The 20 selections in this presentation are all derived from LeGear's 16 "movie music" shows and all have one thing in common: romance, in one form or another. You will see it, hear it, and feel it, too. Reminisce as you take this joyful journey through time.

Tue 7/7

\$15 Member; \$20 Non-member

1 - 2:30 p.m.

13224



Learn

The Tramp and the Titan: The Creative Genius of Charlie Chaplin (Hybrid)

Susan Gibberman, *Librarian and Author*

Explore the extraordinary journey of Charlie Chaplin, the "Little Tramp" who became cinema's first global superstar. Susan Gibberman discusses his life from impoverished London childhood to his revolutionary work as a director and composer, and examines his unparalleled comedic timing and the political controversies that eventually led to his exile. She peels back the greasepaint to discover the complex man who taught the world to laugh.

Tue 6/9

\$15 Member; \$20 Non-member

1 - 2:30 p.m.

13315

It is Good to Be King: The High-Octane Humor of Mel Brooks (Hybrid)

Susan Gibberman, *Librarian and Author*

From the Borscht Belt to the Oscar stage, Mel Brooks has spent a century making the world laugh. Author Susan Gibberman explores the life and legacy of this Emmy, Grammy, Oscar, Tony-winning powerhouse who conquered Broadway, TV, and film. She dives into his "fearless" brand of satire and looks at how he turned taboos into comedy gold in classics like *The Producers* and *Blazing Saddles*. Celebrate a career built on wit, heart, and pure chutzpah.

Mon 8/10

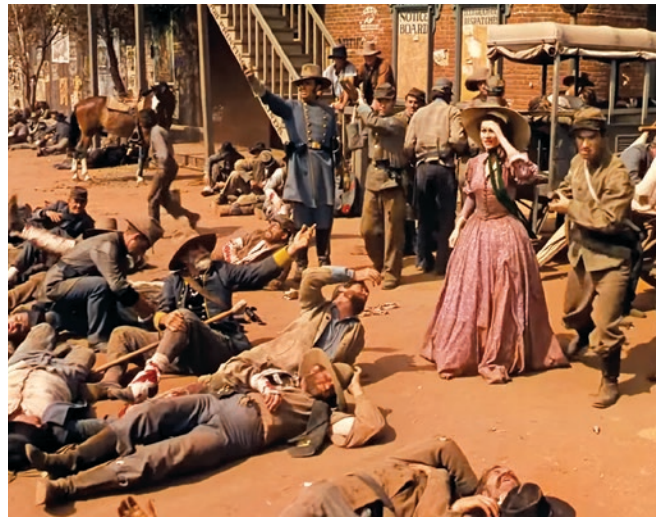
\$15 Member; \$20 Non-member

1 - 2:30 p.m.

13317

Film, Theater & TV

(continued)



The Good, The Bad, and The Ugly: The Civil War in the Movies (Hybrid)

Bruce Allardice, Author and History Professor (Ret.)

For the last 100 years Hollywood has had a long and sometimes unusual relationship with the war that defined our country. Hundreds of movies have been produced about the American Civil War, featuring most of the great Hollywood acting stars. Some of these movies are great, like *Gone with the Wind*, some not so great, and some just plain awful. Professor Bruce Allardice explores Hollywood's take on the war, reviewing six different movies in detail to examine their ever-changing treatment of the war's major themes.

Mon 8/17 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 13349

Norman Lear: In Living Color (Online)

David Chack, Professor, Theatre and Jewish Culture, DePaul University

Norman Lear is known for some of the most iconic television shows in history. He became one of the most groundbreaking producers by showing America the prejudices and bigotry embedded in the country. The most obvious example is his character Archie Bunker from the series *All in the Family*. David Chack discusses Lear's background, and how that influenced the television programming he pioneered. He eventually partnered with Rob Reiner to create work that deepened our love for the movies. He was an extraordinarily creative success and a great friend to many in the Hollywood community.

Thu 5/21 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13373

BROADWAY IN CHICAGO

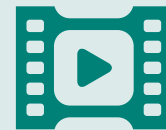
Broadway in Chicago: 2026 Season Preview (Online)

Barry Bradford, Historian

Celebrate the vibrant theatre scene of Chicago with an insider's look at the top Broadway and pre-Broadway productions playing throughout the city in 2026. Featuring highlights from Broadway In Chicago, Drury Lane Theatre, Marriott Lincolnshire, and Goodman Theatre, Barry Bradford showcases the stars, stories, and songs that are lighting up stages across the region. Audiences will enjoy trailers, interviews, behind-the-scenes facts, and what to expect from each production. Perfect for theatre lovers wanting to plan their season or discover what makes Chicago a premier destination for live performance.

Thu 5/7 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13432

Anti-Semitism in Film in the 21st Century



JAY SORKIN

Researcher and Educator in Holocaust Studies

Blind Spot (Hybrid)

Blind Spot is the first film to document both the antisemitism that existed on American campuses before October 7, 2023 and how it led to the explosion of virulent and often violent campus antisemitism after the horrific attack. It tells the story from the perspectives of more than two dozen students at more than a dozen schools who've experienced and fought against this hatred. (1 hr 35 min, English)

Wed 6/10 1 - 4 p.m.
\$15 Member; \$20 Non-member 13259

The Resurgence (Hybrid)

This PBS documentary examines the roots of modern antisemitism and why it flourishes today. The film explores why attacks on Jews in Europe have more than doubled since the 1990s, and its connections to the Arab-Israeli conflict. It also probes the history of this prejudice, including how Islamic antisemitism predates and grew into the current Middle East conflict. Jay Sorkin leads an in-depth discussion at the conclusion of the film. (1 hr, English)

Wed 8/5 1 - 3:30 p.m.
\$15 Member; \$20 Non-member 13260

History

Genealogy of the Declaration of Independence: Historical and Philosophical Sources (Hybrid)

Joyce Haworth, *Historian, College of Lake County*

When Thomas Jefferson took pen in hand to write a declaration of independence, he was not starting with a blank slate of ideas. He drew on many sources for his inspiration and sometimes even for his wording, as was the long tradition of English political philosophers such as John Locke and others. Joyce Haworth provides a deep dive into the historical sources behind the Declaration of Independence.

Tue 6/16 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13322

Sustaining the Republic: Advice From the Founders (Hybrid)

Joyce Haworth, *Historian, College of Lake County*

America's founding generation believed that a republic was the best form of government for Americans. But, they warned, republics are more fragile than monarchies. They more easily fall into anarchy or tyranny if certain safeguards are not maintained, and it was up to the citizens to be on guard. What did they think we should guard against? Does their advice hold any wisdom for us today? Consider these questions with historian Joyce Haworth.

Mon 8/3 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13323



The Battle of Trenton: The Battle That Saved the World (Online)

Barry Bradford, *Historian*

Barry Bradford brings to life the turning point of the American Revolution. The Battle of Trenton wasn't just a military victory, but rather it was the moment that gave birth to hope, revived a dying cause, and helped save the dream of American independence.

Thu 7/2 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13431

1919: The Year of Living Dangerously (Hybrid)

Richard Lindberg, *Author and Historian*

Historians often point to pivotal years of profound change that mark a turning point from one era to the next. 1919 was one such year. Richard Lindberg discusses what happened in Chicago during that important year and its parallels to our modern age. The influenza pandemic continued to claim lives as the soldiers of World War I began returning from European battlefields. A long-forgotten accident involved an air blimp crashing in the heart of Chicago's business district, immediately followed by the worst race riot in city history. A young Al Capone, newly arrived in the city, began to lay the foundation for the wild and reckless 1920's gangster era. Chicagoans desired a "Return to Normalcy," a campaign slogan of the day that still rings true in the post-pandemic world we live in.

Fri 5/15 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 13411

Normandy: D-Day Beaches and Brittany (Hybrid)

Gene Flynn, *Educator*

Normandy was the epicenter of three wars: William the Conqueror's invasion of England, the Hundred Years' War, and D-Day in WW II. Gene Flynn takes you on a tour of the area, discussing



and viewing these historic events while visiting Rouen, Bayeux, D-Day beaches, and Mont St. Michel. Then you will enjoy a short visual visit to Celtic Brittany.

Wed 6/3 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13207

Liberators of the Holocaust (Hybrid)

John David Ulferts, *Author*

As it has done each year in the past, the United States officially commemorated Holocaust Days of Remembrance honoring the six million Jews and millions of others who were killed by the Nazis from 1933 to 1945. For the American GIs who liberated Dachau and Buchenwald, the horrors they uncovered in the Nazi concentration camps far outweighed anything they experienced on the battlefield. These brave soldiers recall what it was like to liberate the camps in their letters and photos shared with John Ulferts, author of *Always Remember: World War II through Veterans' Eyes*.

Mon 5/4 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13222

Learn

History (continued)

Against the Odds: Jewish Refuge and Resurgence in Post-War Germany (Online)

Anette Isaacs, German Historian

Explore the untold story of over 200,000 Jewish refugees and Holocaust survivors who sought temporary asylum in post-World War II Germany. Displaced Persons Camps became a sanctuary for these individuals preparing for new lives in the United States and Israel. Anette Isaacs provides insightful glimpses into the challenges and resilience of Jewish life in immediate post-war Germany, unraveling a lesser-known chapter of history.

Tue 8/4 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13357

The Shop AT THE CENTER

Annual Summer Sale July 20-24

9 a.m. - 4 p.m.
Leffman Room at NSSC

Find great treasures at bargain prices! Jewelry, glasses and stemware, pottery, figurines, decorative items, and many new items that have never been on display before. The last day of the sale will have super markdowns, but good things go quickly so purchase them when you first see them. You never know what you'll find in The Shop.

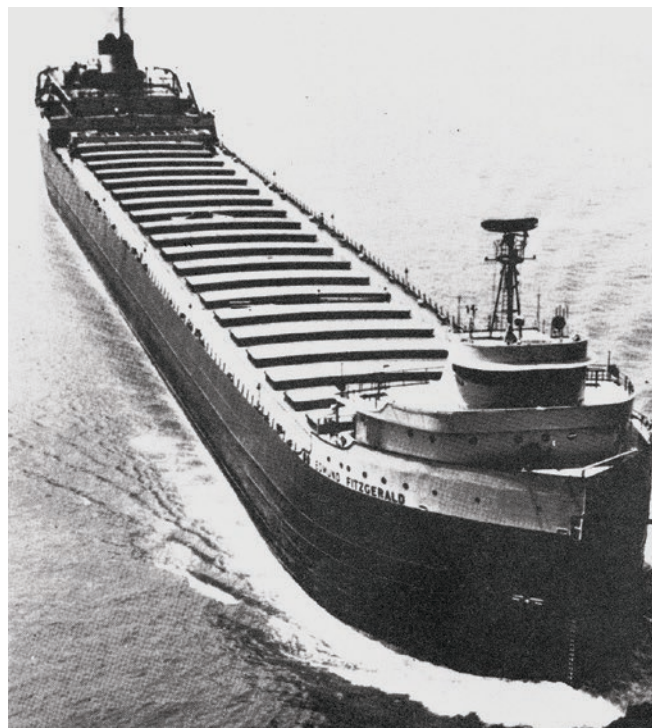


The Heroic Story of Nazi Hunter Fritz Bauer (Online)

Anette Isaacs, German Historian

Marking the 65th anniversary of the Eichmann trial, German historian Anette Isaacs highlights the remarkable life of Fritz Bauer, the courageous German prosecutor whose relentless pursuit of Nazi criminals helped bring Eichmann and other perpetrators to justice. Discover his extraordinary moral courage, the dangers he faced within postwar Germany, and his enduring legacy in the fight against impunity. Hear Bauer's compelling story of heroism, determination, and the power of conscience that still resonates today.

Thu 6/18 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13339



The Sinking of the Edmund Fitzgerald (Hybrid)

Ronald Kallen, Sailor and Educator

It has been 50 years since the storm on Lake Superior that sunk the ore carrier *Edmund Fitzgerald*. At one time it was the largest ship on the Great Lakes. This cataclysmic event launched investigations into the factors contributing to the sinking and the loss of 29 lives. Ron Kallen reviews the circumstances leading up to the disaster, especially in relation to the weather, wind, and waves. Investigations by two agencies led to recommendations for enhanced safety measures. There are important lessons to be learned about the weather on the Great Lakes during the latter months of the year, and the human factors and decisions that determined the outcome.

Thu 6/12 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 13321



The Seventies

GARY MIDKIFF

Historian, College Professor

Gary Midkiff walks you through 1970 to 1979 when, as a young adult, he was deeply affected by the events of the decade. He discusses each aspect of the times, including music, civil rights, politics, presidential elections, the space program, international relations, and Vietnam.

January 1970 - August 1971 (Hybrid)

Gary explains the growing controversy of the Vietnam War. Four students protesting are killed on the campus of Kent State University. Supreme Court upholds publishing of the Pentagon Papers. The music of this period is introduced.

Wed 5/6 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 13343

September 1971 - April 1973 (Hybrid)

The Vietnam War wages on with several bloody battles. Richard Nixon is reelected. Disney World in Florida opens to great crowds. Nixon and Kissinger “open” China and the Supreme Court issues its Roe v. Wade decision. Amidst all this, the Watergate investigation dominates the news.

Wed 5/13 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 13344

Time Capsule: 1951, 75 Years Ago (Online)

Barry Bradford, Historian

Travel back to 1951, a defining year of postwar America and the early Cold War era. Historian Barry Bradford explores major news stories such as the Korean War and President Truman’s dismissal of General Douglas MacArthur, as well as cultural touchstones such as the rise of television and Hollywood’s Golden Age. You will discover notable figures born that year, and influential figures who passed away, such as composer Arnold Schoenberg. Through images, film clips, music, and headlines, the year comes vividly to life.

Thu 6/4 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13433

May 1973 - December 1974 (Hybrid)

Gary highlights the ongoing battles of Vietnam. With much denial of guilt in the Watergate case, Nixon resigns the Presidency. Secretariat wins horse racing’s Triple Crown. Music takes on a new direction.

Wed 7/1 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 13345

January 1975 - August 1976 (Hybrid)

After years of turmoil the Vietnam War finally ends. Gary skips forward in time to the creation of the Vietnam Wall. The nation turns its attention to the *Viking 1* landing on Mars. Ali and Frazier injure each other at the “Thrilla’ in Manila.”

Wed 7/8 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 13346

September 1976 - April 1978 (Hybrid)

Jimmy Carter is elected and immediately creates controversy by pardoning those who evaded the draft during the Vietnam War. A company called Microsoft is started and its growth is beyond anyone’s imagination. The United States Senate votes to return the Panama Canal to Panama.

Wed 8/5 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 13347

May 1978 - December 1979 (Hybrid)

Gary discusses the special meeting between Jimmy Carter, Menachem Begin, and Anwar Sadat, which leads to the Camp David Peace Agreement. A nuclear meltdown occurs at Three Mile Island. The Iran hostage crisis begins as the decade comes to an end.

Wed 8/12 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 13348

Time Capsule: 2001, 25 Years Ago (Online)

Barry Bradford, Historian

Revisit 2001, a year that began with cultural optimism and ended with events that reshaped the world. Barry Bradford examines landmark moments such as the September 11 terrorist attacks and the inauguration of President George W. Bush, alongside the television shows and movies dominating pop culture. Highlights feature notable births, including singer Billie Eilish, and major losses such as the death of George Harrison. Blending multimedia storytelling with historical context, this time capsule offers both reflection and perspective on a year that permanently altered history.

Thu 6/11 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13434

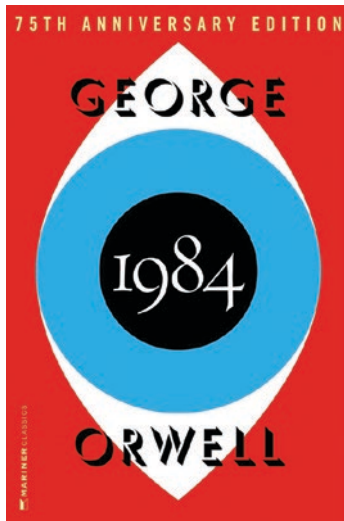
Literature

People Are Like...Stories for Young Readers and Readers Who Wish to Stay Young (Hybrid)

Michael Zedek, Author and Rabbi Emeritus, Emanuel Congregation

Stories are powerful reminders not only of our highest values, but also on how to act upon them. Based on his book, *People are Like...Stories for Young Readers and Readers Who Wish to Stay Young*, Rabbi Michael Zedek explores what we may learn in comparing ourselves to porcupines, redwoods, dogs, fish, monkeys, and more. Each tale encourages empathy and compassion, both items, which in the current environment, are much needed and in short supply.

Mon 6/22 1 - 2:30 p.m.
 \$15 Member; \$20 Non-member 13215



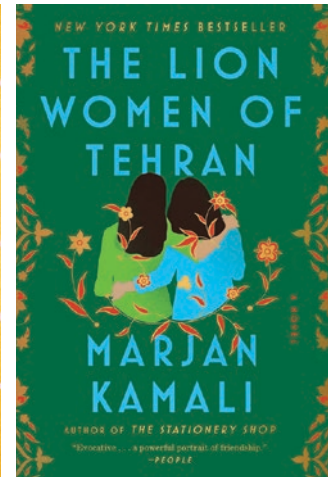
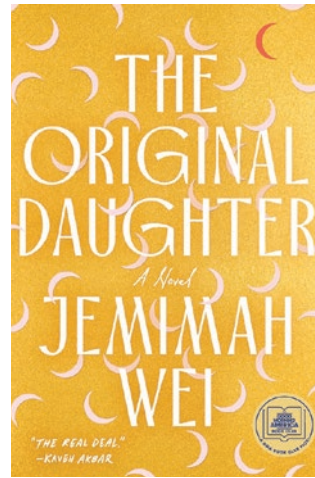
George Orwell's 1984: A Warning for Today (Hybrid)

Jerry Leitner, English and Theology Educator

In 1945, George Orwell wrote, "Beware the perfect solution and the easy slogan; beware those who claim to know what is best for you; beware bombast and dogma; beware the death of doubt; beware those who do not practice what they preach. Beware

the chosen. Beware the one and only true path." His novel *1984* warns against the rise of authoritarian figures who charm and beguile people into exchanging their freedoms for the easier life of letting Big Brother take over. Jerry Leitner examines the book, the author, and his warning that has increased importance in our own time.

Wed 6/24 10 - 11:30 a.m.
 \$15 Member; \$20 Non-member 13385



Reading for a Cozy Afternoon (Hybrid)

Erin Collins, Reference Librarian, Winnetka-Northfield Public Library

Enjoy a lively conversation and book discussion of new and classical works of fiction, led by Erin Collins of the Winnetka-Northfield Public Library. Group meets the second Wednesday of the month. Center membership required to participate. Read and discuss the following books:

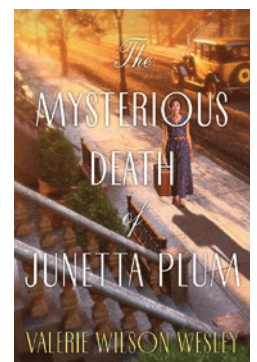
May 13 *The Original Daughter* by Jemimah Wei
June 10 *The Lion Women of Tehran* by Marjan Kamali
Wed 5/13 - 6/10 (2X) 1 - 2 p.m.
 No Fee 13199

Mystery Book Club (Hybrid)

Erin Collins, Reference Librarian, Winnetka-Northfield Public Library

Are you a fan of mysteries and thrillers? Do you enjoy twists and turns on every page? Read some great mystery books and join in a lively discussion of thriller, suspense, true crime, noir, detective, and mystery novels led by Erin Collins. Center membership required to participate. Please read the book prior to the class meeting.

May 18 *The Puzzle Box* by Danielle Trussoni
June 22 *The Mysterious Death of Junetta Plum* by Valerie Wilson Wesley
Mon 5/18 - 6/22 (2X) 1 - 2 p.m.
 No Fee 13200



Music Appreciation

The Flip Side: Where Chicago Rocked (Hybrid)

Larry Rosenbaum, *Music Entrepreneur and Author*

Created by Chicago natives Carl and Larry Rosenbaum, The Flip Side grew from an idea into a record store and then into a chain of popular music sources. Somewhere along the way those stores sprouted an entire second identity as Chicago's premier concert promoter in the 70s and 80s. *The Flip Side: Where Chicago Rocked* is a book that takes you through the lifespans of both the record store chain and their concert business. Larry gives you a look "behind the counter" and shows you how everything was built, how it all lived and breathed, and shares many of the funny and not-so-funny stories that took place. Revisit what was a great time in Chicago and an even better time in rock and roll.

Fri 5/8 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13217



The History of The Beatles' Sgt. Pepper's Lonely Hearts Club Band (Hybrid)

Gary Wenstrup, *Instructor, Triton College and College of DuPage*

Released in 1967, this album marked a creative turning point for the Beatles and for rock music itself. Framed as a fictional band performance, the album blends psychedelia, pop, Indian instrumentation, and orchestral experimentation into a unified artistic statement. Gary Wenstrup features classics like "Lucy in the Sky with Diamonds," "A Day in the Life," and "With a Little Help from My Friends," redefining what a studio album could be. Its influence still shapes popular music to this day.

Mon 5/11 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13184

The History of The Beatles' Abbey Road (Hybrid)

Gary Wenstrup, *Instructor, Triton College and College of DuPage*

Released in 1969, this is The Beatles' final recorded album and one of their most polished achievements. It blends rock, pop, blues, and emerging hard rock with lush production from George Martin. Highlights include "Come Together," "Something," and the side two medley, a seamless suite of interconnected songs. Famous for its iconic crosswalk cover, *Abbey Road* captures a band at its creative peak and emotional crossroads. Gary Wenstrup explains how it remains a cornerstone of classic rock.

Mon 7/13 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13185

The Chicago Music Scene of the 1960s (Hybrid)

John Lyons, *Author and History Professor*

Author John Lyons goes back to the 1960s to one of the most exciting eras in Chicago music history. During that decade, more people were involved in making music in the Windy City and its suburbs than at any other time in the city's history. With rare photographs and insider stories, you will discover a multitude of recording studios, night clubs, record labels, and radio stations supporting a variety of innovative musical forms, ranging from electric blues to smooth soul, and from contemporary folk to garage rock, establishing Chicago as a major music capital of the world.

Wed 5/27 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13187

Chicago Jazz and Blues Legends (Hybrid)

Tim Wilsey, *Musician and Educator*

The Windy City played such a pivotal role in the world of Jazz and Blues music. Tim Wilsey discusses the greats that not only captivated audiences here in Chicago but went on to influence other generations of musicians and bring their respected style to the world. From Gene Krupa, Tommy Dorsey, and Muddy Waters to Buddy Guy, Mel Tormé, Kurt Elling, and more. You will discover many favorites from the past.



Wed 8/12 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13338

Learn

Music Appreciation

(continued)

Take Me Home, Country Roads

Stuart Simon, *Educator and Cantor Emeritus*

Stuart Simon continues his musical journey, highlighting folk and country artists, and occasionally stepping beyond the borders of North America. Learn the backstories of these musicians and listen to the guitar, banjo, and vocals. Enjoy an extraordinary sensory celebration.

Thu 7/16 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13295

Billy Joel: Just the Way He Is (Hybrid)

Susan Benjamin, *Musical Biographer*

With successes, including 33 Top 40 hits and 23 Grammy nominations, and accolades, including induction into the Songwriters Hall of Fame, recipient of the Kennedy Center and Grammy Legends Awards, Billy Joel is the consummate composer and performer. His inventive melodies range from the sweet and gentle to the percussive. His lyrics often tell stories that arouse emotions in the listener and tap into their feelings. Susan Benjamin discusses his life story and some of the immense contributions that Billy Joel has made to the world of music.

Thu 5/14 1 - 2 p.m.
\$15 Member; \$20 Non-member 13324

The Life and Career of Nat King Cole (Hybrid)

Tim Wilsey, *Musician and Educator*

Tim Wilsey pays homage to a true genius of Jazz. From Nat King Cole's early days growing up in Chicago to his radio spots in the windy city, to his highly influential trio that inspired many



greats, Nat created a successful career as a crooner for Capital Records. As a special treat, Tim will be performing some of those classic songs.

Wed 6/10 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 13337

Mozart in 1776

Jim Kendros, *Composer, Music Researcher, and Educator*

On July 4, 1776, Mozart was just 20 years old. What were the masterpieces he created while America was fighting for independence? Musician Jim Kendros answers this question as we celebrate the 250th birthday of America. He explores the charming *Concerto for Three Pianos and Orchestra in F Major*, and the highly expressive *Adagio for Violin and Orchestra*. Jim will also highlight excerpts from three orchestral serenades, each a gem of graceful melodic wonderment. Discover the genius of Mozart in 1776!

Fri 6/5 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 13363



Masterpieces of Leonard Bernstein

Jim Kendros, *Composer, Music Researcher, Educator*

As we celebrate our nation's birthday, we also celebrate the August birthday of American composer Leonard Bernstein, unquestionably one of the greatest composers America has ever produced. Music historian Jim Kendros discusses Bernstein's genius by exploring some of his most significant works. Program highlights include the *Symphony No. 1 Jeremiah*, *Symphonic Dances* from *West Side Story*, and the *Overture to Candide*.

Mon 8/3 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 13365

Buddy Holly and the Birth of Rock and Roll (Online)

Barry Bradford, *Historian*

Explore the explosive early days of rock and roll in this high-energy presentation celebrating Buddy Holly's legacy alongside contemporaries like Chuck Berry and Jerry Lee Lewis. Through rare footage, iconic performances, and expert commentary, you will experience how these groundbreaking artists changed the sound of popular music forever. From Holly's innovative songwriting to Chuck Berry's electrifying guitar and Lewis's piano pyrotechnics, this program captures the spirit of a musical revolution. It's a must-see tribute to the pioneers who laid the foundations of modern rock.

Thu 8/6 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13435

People, Places & Culture

Happy 100th Birthday: U.S. Route 66 (Hybrid)

Barbara Barrett,
History Educator

“Get Your Kicks on Route 66” as Barbara Barrett takes you on a journey, highlighting the attractions and allure of the “Main Street of America” from its controversial birth in 1926 to its centennial in 2026. Beginning in Chicago, the official start of “The Mother Road,” discover why Route 66 was established while exploring the more than 2,400 miles of towns and mom and pop businesses along the way. Some are familiar names, but others are quirky attractions like the Meramec Caverns in Stanton, MO, the Big Blue Whale in Catoosa, OK, the Cadillac Ranch in Amarillo, TX, the Rattle Snake Trading Post in Bluewater, NM, and many more along the route to Los Angeles.

Wed 7/29 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13186

Unearthing Highway 41: An American Journey (Hybrid)

Chris Clott, Educator

Chris Clott takes you on a 2000-mile journey from Highway 41’s start at the top of Michigan’s Upper Peninsula to its endpoint in Miami, Florida. Along the way, he traverses major cities, small towns, farmland, swamps, and forests. You meet scoundrels, saints, and ordinary folks whose lives paint the picture of America past and present. Chris explores profound ways the American experience has been influenced by roads and automobiles, causing revolutionary shifts in population and ways of life. This is a journey not to be missed.

Mon 6/15 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 13232



15 Chicago Urban Dinosaurs (Hybrid)

Tom Schaffner, L Stop Tours

Chicago is home to a great number of municipal “dinosaurs.” Well-known buildings, institutions and other local treasures that, thanks to a rapidly changing world, have suddenly become outdated, irrelevant, and, possibly, not needed in the future. Like dinosaurs of the era past, these local treasures are endangered species and may soon become extinct. Tom Schaffner shares stories of some of these gems.

Wed 6/24 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13216

BOOM! The Bomb, the Pill, and Beyond (Hybrid)

Clarence Goodman, Historian and Musician

From the center of the universe to the center of the action, Chicago has indeed been “ground zero” for countless revolutions, innovations, beginnings, and endings. Clarence Goodman explains how from science to politics, from the arts to technology, and from everyday life to the entire globe, Chicago has had its place in it all.

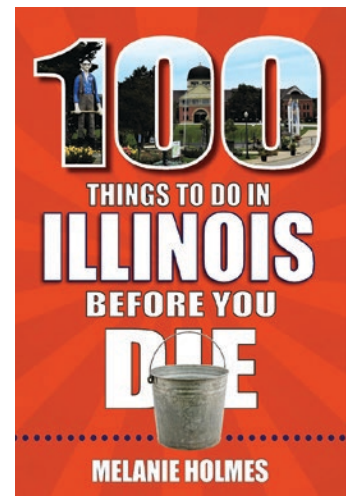
Tue 8/18 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13219

The Ultimate Illinois Bucket List (Hybrid)

Melanie Holmes,
Author and Educator

Author Melanie Holmes researched hot spots around Illinois and found hidden gems that charm and enlighten. From history and outdoor spots to the arts scene or sleeping in unique places, Melanie has a lot to reveal. She has insider tips for day jaunts, weekend trips, and weeklong excursions. You will discover a segment called “Windshield Travel,” for those who prefer to enjoy the view through their windshield or to view sites with minimal exertion. Learn from a lifelong Illinoisan and author of the book *100 Things To Do in Illinois Before You Die*.

Wed 5/20 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 13220



Learn

People, Places & Culture (continued)

Chicago's Only Castle and Other Stories: Chicago's Unique History (Hybrid)

Errol Magidson, Author, Filmmaker, and Historian

If you love seeing historic images of Chicago and learning more about its history from the late 1800s on, Errol Magidson reveals the history of a treasure buried on Chicago's far Southwest Side. Few people beyond the neighborhood seem to be aware of its existence. Five keepers of the Castle tell compelling stories against the backdrop of Chicago's rich history, including the Great Chicago Fire of 1871, the World's Columbian Exposition of 1893, the cable-car era, the dawn of the automobile, the Century of Progress International Exposition of 1933-34, World War II, and the Civil Rights Movement.

Tue 5/12 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13227

America's Most Unusual Festivals (Hybrid)

Harvey Moshman, Producer, WTTW's "Wild Travels"

Take a road trip to America's truly odd and delightfully quirky festivals, including the popular and lactose-tolerant Cheese Days in Wisconsin, the appetite-satisfying Pierogi Fest in Indiana, the World Beard and Mustache Competition in Oregon, Mooning Amtrak in California, and the World's Largest Art Car Parade in Houston. Filmmaker Harvey Moshman provides an entertaining video of all these amazing festivals.

Wed 5/6 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13264

America's Oddest Museums (Hybrid)

Harvey Moshman, Producer, WTTW's "Wild Travels"

When it comes to museums, there's the kind you visit while on vacation or you attended on school field trips. And then there are the quirkier variety, such as the Mustard Museum, Pinball Hall of Fame, and Museum of Funeral Customs. There's also a stop to board Howard Hughes' Spruce Goose, the largest airplane ever built! Filmmaker Harvey Moshman visits some of the great variety of interesting and fun locations.

Wed 7/8 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13265

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2018 Daily Herald READERS' Choice TOP PICK
2015 Daily Herald READERS' Choice BEST OF THE BEST

Chicago Baseball, Mid-Season: What's Up with the Cubs and Sox? (Hybrid)

Charles Billington, Sports Historian and Author

Baseball author and sports historian Charles Billington examines the expectations, fortunes, and future of our beloved Chicago baseball teams here at the middle of the 2026 season. He is hoping to answer the questions such as where are the White Sox with their promising young players? Is there any movement with new stadium plans? And, will Jerry Reinsdorf ever have a winning team again? He dissects the current status of the Sox. Then he looks at the Cubs off-season player moves and addresses the issue of whether the Cubs' pitching development program is still highly touted.

Fri 7/17 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13268

The 2026 Chicago Bears: What Can We Expect? (Hybrid)

Charles Billington, Sports Historian and Author

Author and sports historian Charles Billington presents all you need to know about the exciting 2026 Chicago Bears season. After a historic turnaround largely thanks to their new coach Ben Johnson and his able assistants, expectations are high for another great year. However, since they are the Bears, there are some clouds on the horizon. Is the stadium issue the Bears' White Whale? What's with Bears fans funding the stadium through seat licensing? And lastly, is there ever a rationale for government funds to help a wealthy corporation? Charles provides much to think about as Chicago enters the new season.

Fri 8/21 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13269

Cradles of Culture: The American Libraries Story (Hybrid)

Joseph Madda, Architect and Art Historian

Libraries in America truly have been cradles of culture. Since colonial times, they have been preferred gathering places for American communities, protecting, preserving, and passing along useful information. First through books and other printed documents, and more recently through electronic means, they have educated and entertained generations of Americans. Libraries have been showcases of architectural style. With the Dewey Decimal System technology, the rise of library science, and dedicated staff, they have succeeded as intellectual refuges. Typically open to all and free of charge, libraries are the linchpin of a healthy democracy, providing comfortable places to relax and renew the spirit.

Fri 8/14 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 13327

Return to Paris (Hybrid)

Gene Flynn, Educator

A first trip to Paris is a whirlwind filled with iconic attractions. Accompany Gene Flynn on his return visit, where he explores charming smaller museums, many of which are hidden gems. He wanders through picturesque neighborhoods and even embarks on a day trip to the Champagne region. While you can't fully become a Parisian in just a week, you will definitely understand why they cherish their city and hold Notre Dame in such high esteem.

Tue 7/14 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13206

Judith Resnik: Unsung Challenger Astronaut (Hybrid)

Marlene Targ Brill, Author, Researcher, and Educator

On January 28, 1986 space shuttle *Challenger* exploded. This disaster joined others that people still recall vividly, like the shocking JFK assassination or the terrible tragedy of 9/11. Marlene Targ Brill takes you through the planning, training, and pitfalls leading up to the *Challenger* disaster by following the life of astronaut Judith Resnik. Resnik, the first Jewish and second female U.S. astronaut to fly in space, was an engineer with a successful flight under her belt and the most experienced astronaut on the *Challenger*. Her memorable story will reveal the lasting changes to the program since the accident.

Mon 6/29 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 13306

Instructor Spotlight

MARLENE TARG BRILL

Author and Educator



Longtime Chicago-area resident Marlene Targ Brill

is a former special educator turned award winning author. She has written 75 books and enjoys sharing stories about her subjects as well as insights into the writing life. Brill is committed to highlighting overlooked figures, especially women, adding their voices to the historical record through recent works such as *Judith Resnik: Unsung Astronaut* and *Jane Addams: The Most Dangerous Woman in America*. She hopes her books inspire young readers to discover the joys of nonfiction and to see empowering role models who show them, "You can do this, too."

People, Places & Culture (continued)

Evil on the Roof of the World (Hybrid)

William Hazelgrove, Best-Selling Author

In July 2018 on a bleak highway in the mountains of Tajikistan, an area known as “the roof of the world,” Lauren Geoghegan and Jay Austin were brutally murdered by five ISIS terrorists. They were both Georgetown University graduates who had quit their well-paying Washington, D.C. jobs looking for a different kind of American Dream. Pieced together from their travel blog, social media posts, interviews, and media coverage of their murder, author William Elliott Hazelgrove creates a complete, narrative retelling of Jay and Lauren’s story. *Evil on the Roof of the World* combines travel adventure with true crime elements, the difficult and meaningful experiences they found on their journey, and what led up to the attack. This is the story of a couple who went off the grid to find their great adventure only to have it end in tragedy.

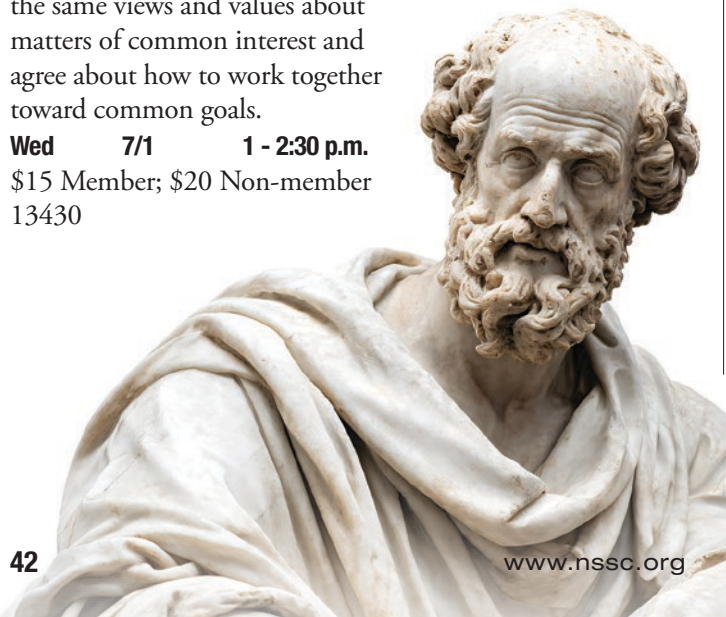
Tue 8/11 1 - 2:30 p.m.
 \$15 Member; \$20 Non-member 13342

Aristotle on Friendship (Hybrid)

Thomas Carson, Professor of Philosophy, Emeritus, Loyola University

Professor Thomas Carson explains Aristotle’s theory of friendship and shows how it sheds light on our lives and our relationships with other people. He addresses the definition, importance, and types of friendship, and why Aristotle thinks that some kinds of friendships are better than others. There are friendships with morally good people, friendships with morally bad people, the obligations created by friendships, and the importance of “concord” in friendships. According to Aristotle, two people have concord if they share the same views and values about matters of common interest and agree about how to work together toward common goals.

Wed 7/1 1 - 2:30 p.m.
 \$15 Member; \$20 Non-member
 13430



Walk in Beauty

ANN LESLIE

Author and Artist



The Healers (Hybrid)

In each Native American nation there exists the most unique and honored people, the medicine men and medicine women. The objects they use to direct healing energies are functional and profoundly beautiful. These tools are carved, beaded, painted, and adorned with intricately woven and dyed porcupine needles, fur, leather, and feathers of hummingbirds and eagles. They are considered to be “alive.” Some objects exist only for hours while others have lived for centuries. Artist Ann Leslie explores this wide array of rare objects from the First People.

Mon 5/4 10 - 11:30 a.m.
 \$15 Member; \$20 Non-member 13397

The Storytellers (Hybrid)

The First Peoples of North America passed their history, information, and stories to each generation through rock carvings, paintings, weaving, and the oral tradition. Individuals were selected to memorize these stories down to the last intricate detail while others recreated this information in physical form. Specifically, this included clothing, homes, people, horses, and tools. Ann Leslie explains the meaning of rare objects and the story each has to tell.

Mon 8/10 10 - 11:30 a.m.
 \$15 Member; \$20 Non-member 13401

Do Jews Go to Heaven?:

Jewish Beliefs on the Possible Afterlife (Hybrid)

Rabbi Adam Chalom, Kol Hadash Congregation

Some Jewish people are convinced that Judaism has no afterlife, focusing instead on what people can do here and now in this world. Other Jews pray regularly for the coming of a messiah, the resurrection of the dead, and a place in the world to come. Historical Jewish beliefs have also included a shadowy Hades-like underworld called *She’ol*, and even reincarnation! How have Jewish beliefs about what might happen after we die evolved over the centuries? And what can these beliefs teach us about the human condition while we are still here? Rabbi Adam Chalom discusses these varying ideas and, hopefully, answers some questions.

Wed 6/17 10 - 11:30 a.m.
 \$15 Member; \$20 Non-member 13358

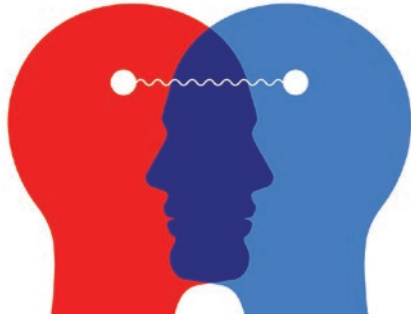
Science & Nature

The Mind Readers

*William Pack,
Storyteller and
Magician*

From Washington Irving Bishop to The Amazing Kreskin, “Mind Readers” have performed feats that were so extraordinary that those who witnessed the demonstrations were dismissed as foolish, or even insane. The mystery proved so difficult to solve that it challenged science, disturbed religion, and bewildered experts in legerdemain. William Pack explains how the utterly remarkable lives of these performers evolved into their profession. You will experience some of their most baffling feats!

Wed 5/20 **1 - 2:30 p.m.**
\$15 Member; \$20 Non-member 13262



Predators of Illinois' Past (Hybrid)

Jerry Attere, Naturalist and Environmental Educator

Travel back in time to explore the powerful apex predators that once ruled Illinois' prairies and woodlands. Environmental educator Jerry Attere highlights the fascinating natural histories of black bears, cougars, and gray wolves explaining how they lived, hunted, shaped their ecosystems, and ultimately disappeared from Illinois. Discover why these top predators were extirpated, and what their absence means for today's landscapes. Occasionally there are even modern sightings of these animals.

Wed 5/27 **10 - 11:30 a.m.**
\$15 Member; \$20 Non-member 13234

The Impossible in Mathematics (Hybrid)

Richard Wilders, Professor Emeritus, North Central College

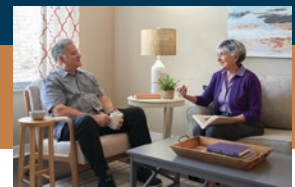
There are many easy-to-understand claims in mathematics that seem likely to be true but still have not been proved to be so. In addition, mathematicians have proved that several seemingly true claims are, in fact, false. Rich Wilders discusses several of these intriguing problems and provides an explanation of what progress, if any, has been made on their solution.

Mon 6/1 **1 - 2:30 p.m.**
\$15 Member; \$20 Non-member 13210

Learn



Cozy Up To The Lifestyle of Tamarisk NorthShore



Tamarisk NorthShore provides a warm, welcoming setting for friends to connect—for pre-dinner drinks in the Bistro, fitness classes in the indoor pool, or concerts in the Entertainment Room. Our residents enjoy dozens of life enrichment programs—and so can you!



Call Jeff to schedule your visit! 847.553.4469

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Inquire

Our peer-led classes are developed and coordinated by your peers. All class participants take part in the discussions and may take turns facilitating a session.

Culture & Society

Philosophy: War (Hybrid)

Ellen Grabow
and Mick Jackson,
Coordinators

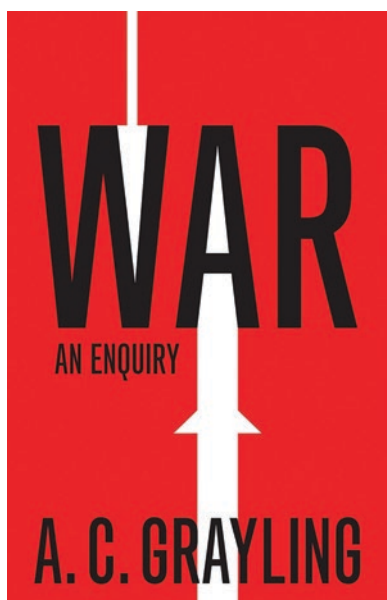
Though wars are terrible and destructive, they also seem unavoidable. In this original and deeply considered book *War: An Enquiry*, Grayling examines and challenges the concept of war. He proposes that a deeper, more accurate understanding of war may enable us to reduce its frequency and mitigate its horrors. Grayling explores the long, tragic history of war and probes much-debated theories concerning the causes. Grayling envisions a war theory in new moral terms, considering the lessons of World War II and the Holocaust, and laying down ethical principles for going to war and for conduct during war. *War: An Enquiry* by A. C. Grayling. Participants take turns leading class. Related topics/expertise allowed. Personal anecdotes related to topic allowed.

Wed 5/6 - 7/22 (12X)

\$69 Member; \$83 Non-member

1 - 3 p.m.

13404



The Ancestor's Tale, Part 2 (Hybrid)

Rich Koomjian and Linda Spring, Coordinators

Continue the exploration through four billion years of life on our planet. *The Ancestor's Tale* allows us to view the connections between ourselves and all other life in a bracingly novel way, shedding bright new light on the most compelling aspects of evolutionary history and sexual selection, speciation, convergent evolution, extinction, genetics, and more. This is a continuation of the discussion of *The Ancestor's Tale* by Richard Dawkins. New participants welcome. Participants take turns leading class. Related topics/expertise allowed. Personal anecdotes related to topic allowed.

Mon 5/4 - 8/3 (13X - no class 5/25)

\$79 Member; \$95 Non-member

1 - 3 p.m.

13436

Spinoza (Hybrid)

Mick Jackson, Coordinator

Baruch Spinoza (1632–1677) was a radical free thinker guided by strong moral principles. Many contradictory beliefs have been attached to his name: rationalism or metaphysics, atheism or pantheism, liberalism or despotism, Jewishness or anti-Semitism. He viewed freedom of thought and speech as essential to an open and free society. Read and discuss the book *Spinoza*, in which author Ian Buruma stresses the importance of the time and place that shaped Spinoza. Buruma argues that Spinoza did indeed lead a Jewish life: a modern Jewish life. His defense of universal freedom is as important for our own time as for his. *Spinoza: Freedom's Messiah* by Ian Buruma. Participants take turns leading class. Related topics/expertise allowed. Personal anecdotes related to topic allowed.



Mon 5/4 - 6/15 (6X - no class 5/25)

\$39 Member; \$49 Non-member

10 a.m. - 12 p.m.

13412

Current Issues

Stench: The Thomas Court (Hybrid)

Trudy Gardner and Bob Radunsky, Coordinators

Stench is an exposé by David Brock that critiques the conservative influence on the Supreme Court, particularly focusing on Clarence Thomas. David Brock is a one-time conservative-turned Democratic activist. He explores the career paths of the current conservative members and alleges the Court reached its current composition through questionable means. Watershed events include Lewis Powell, Jr.'s 1971 memorandum, Robert Bork's failed appointment during the Reagan years, Clarence Thomas's appointment by G.H.W. Bush, and the culmination of the Trump selections during his first administration brought us to the current state of constitutional crisis. *Stench: The Making of the Thomas Court and the Unmaking of America*, David Brock. Related topics/expertise allowed. Participants take turns leading class. Personal anecdotes related to topic allowed.

Tue 5/5 - 7/7 (10X) 1 - 3 p.m.
 \$59 Member; \$71 Non-member 13409

The Autistic Brain (Hybrid)

Lynne Donoghue and Mike Reinstein, Coordinators

Temple Grandin may be the most famous person with autism, a condition that affects 1 in 88 children. Grandin, a professor at Colorado State University, brings her unique perspective to the autism revolution. Advances in neuroimaging and genetic research link brain science to behavior. Grandin's positive research helps "different kinds of minds" succeed and brings her own perspective to living with autism. Read and discuss the book and explore a case study of Christopher Knight who retreated into the Maine woods for 27 years, living in seclusion as a hermit—not angry but overwhelmed. *The Autistic Brain* by Temple Grandin, 2014 and *The Stranger in the Woods* by Michael Finkel, 2017. Participants take turns leading class. Related topics/expertise allowed. Personal anecdotes related to topic allowed.

Thu 5/7 - 7/2 (9X) 1 - 3 p.m.
 \$59 Member; \$71 Non-member 13410

Point of View (Online)

Reva Schneider, Coordinator

Take part in current events discussions in which topics are generated during class by the participants and the facilitator. Utilizing the vast shared knowledge base and expertise of our learning community, varying perspectives are encouraged for our "conversations that matter." There is "no leading" and "no reading" in this dynamic current events discussion. Coordinator facilitated. Related topics/expertise and personal anecdotes allowed.

Mon 5/4 - 8/24 (16X - no class 5/25) 1 - 3 p.m.
 \$89 Member; \$109 Non-member 13399

No Democracy Lasts Forever (Hybrid)

Lynne Donoghue, Mick Jackson, and Anita Ross, Coordinators

In the book *No Democracy Lasts Forever*, the author asserts that the only way a polarized America can avoid secession is to draft a new Constitution, because, he suggests, the Constitution has become a threat to American democracy. Erwin Chemerinsky, the dean of Berkeley Law School, has come to the sobering conclusion that the 1787 Constitution has created a government unable to deal with the urgent issues that threaten our nation. He contends that the U.S. needs a new constitutional convention to replace the 1787 Constitution and rewrite the entire document from start to finish else we face possible secession. *No Democracy Lasts Forever* by Erwin Chemerinsky, Participants take turns leading class. Personal anecdotes and experience related to topic allowed.

Wed 5/6 - 7/15 (11X) 10 a.m. - 12 p.m.
 \$69 Member; \$83 Non-member 13425

TED Talks (Hybrid)

Maureen McGrath and Neal Rubin, Coordinators

View and discuss TED Talks with your peers to expand your knowledge and dive deeply into many issues of the day. TED is a nonprofit organization devoted to spreading ideas, usually in the form of short, powerful talks that are 18 minutes or less. You may volunteer to lead a discussion on a talk you select. Watch the Talk as a group in class and then discuss together. Related topics/expertise allowed. Personal anecdotes related to topic allowed. Participants take turns leading class.

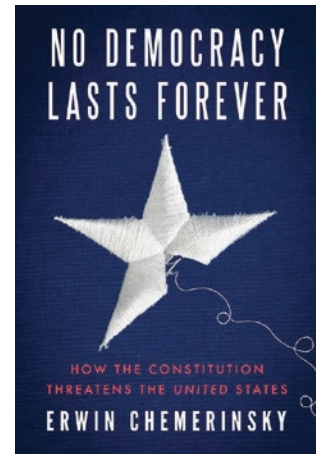
Tue 5/26 - 7/28 (10X) 11:30 a.m. - 12:30 p.m.
 \$59 Member; \$71 Non-member 13394

The New York Times (Hybrid)

Bob Holstein and Michael Kramer, Coordinators

Engage in the world around you and dig behind the headlines. Whether it's current events, financial news, politics, foreign policy, social issues, or entertainment, participants select any topic of interests and lead an hour discussion. The class is inquisitive, open to lively dialogue and, at all times, respectful of divergent opinions. Our discussions are cordial, and everyone is invited to join in. Help is provided by the coordinators in selecting a topic and questions, especially for new members. Print or online subscription to the *NYT*, including weekdays and weekends. Participants take turns leading class. Personal anecdotes related to topic allowed.

Thu 5/7 - 7/9 (10X) 9:30 - 11:30 a.m.
 \$59 Member; \$71 Non-member 13389



Film, Theater & TV



Documentary Films

Israel Friedman and Howard Golden, Coordinators

View and discuss a wide selection of interesting and informative documentary films. Class members choose a film and lead a discussion about the film to exchange ideas, thoughts, and commentary. Class discussion will be focused on interactive questions, aided by the provided evaluation and resource guides, which contain some background information. This is an opportunity to expand your appreciation of film technique, share different points of view, and perhaps learn something new! No movie background required. Class will meet on-site only. Participants take turns leading class. Personal anecdotes related to class material are allowed.

Thu 5/7 - 7/23 (12X) 1 - 3:30 p.m.
\$69 Member; \$83 Non-member 13390

Favorite Films (Hybrid)

Bob Holstein and Maureen McGrath, Coordinators

Enjoy weekly discussions of our favorite films. The films represent different eras and film genres, have been selected by the coordinators because of their quality and because they lend themselves to a class discussion. A schedule of the films to be discussed will be sent in advance and participants will watch the films at home prior to the discussion. These discussions are informal and are great fun. Coordinator facilitated. Related topics/expertise and personal anecdotes allowed.

Wed 5/27 - 7/29 (10X) 1 - 2:30 p.m.
\$59 Member; \$71 Non-member 13393

Literature & Writing

Writing Workshop (Hybrid)

Gil Adams and Holly Kahan, Coordinators

You love to write ... fiction, memoir, essay, poetry. Participate with other writers as you learn and explore a variety of methods and writing styles. You just need the desire to receive critiques plus willingness to critique fellow classmates' writings. You are expected to submit writing at least every two weeks. Classmates offer thoughtful suggestions to encourage and help you improve. Questions? Call Gil Adams at 847.821.1533 or Holly Kahan at 847.877.3057. You need ability to use a computer to send, receive, and print writings for reviewing. Discussion is directed toward the writing. Personal anecdotes and related topics/expertise allowed. Coordinator facilitated.

Tue 5/5 - 8/11 (15X) 1 - 3 p.m.
\$89 Member; \$109 Non-member 13398

Women's Room (Online)

Cheryl Port and Sybil Virshbo, Coordinators

Enjoy literature created by women authors and discuss their relevance to issues impacting women. Take part in lively discussions with all participants asking and answering questions. Coordinator facilitated. Discussion of class material only.

No personal anecdotes related to topic allowed.
Night. Sleep. Death. The Stars. by Joyce Carol Oates.

Fri 5/1 - 7/31 (12X - no class 6/19, 7/3) 10 a.m. - 12 p.m.
\$59 Member; \$71 Non-member 13396



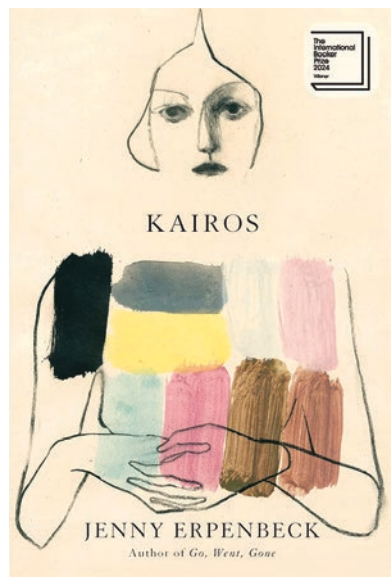
Contemporary Short Stories (Online)

Meredith Hellestrae and Susan Siebers, Coordinators

Short stories often reflect the time and place in which they were written. This term's anthology contains 20 stories published in 2024 that were selected by the year's guest editor, Celeste Ng. Ng's criteria in selecting the stories were that they had to be memorable for her, feel complete, have language of the highest caliber, and feel significant. It should be a story that she felt the author had to tell. Each week, discuss a story chosen by the class member who will lead our exploration. *The Best American Stories 2025*, Celeste Ng, ed. Participants take turns leading class. Discussion of class material only. No personal anecdotes.

Thu 5/14 - 8/13 (14X)
\$79 Member; \$95 Non-member

9:30 - 11:30 a.m.
13402



Prize Winning World Literature (Hybrid)

Carole Einhorn, Coordinator

Love to delve into a good piece of literature and enjoy in-depth interactive discussions? Discuss *Kairos* by Jenny Erpenbeck, which tells the story of a romance begun in East Berlin at the end of the 1980s. The passionate yet difficult long-running affair of Katharina and Hans hits the rocks

as the socialist GDR melts away. The weight of history, the experiences of East and West, and the ways in which cultural and subjective memory shape individual identity has always been present in Erpenbeck's work. She knows that no one is all bad, no state all rotten, and she masterfully captures the existential bewilderment of this period between states and ideologies. *Kairos* by Jenny Erpenbeck. Participants take turns leading class. Personal anecdotes related to topic allowed.

Wed 5/20 - 7/22 (10X)
\$59 Member; \$71 Non-member

9:30 - 11:30 a.m.
13395

Shakespeare: *A Midsummer Night's Dream* and *Cymbeline* (Online)

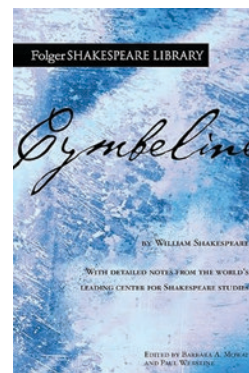
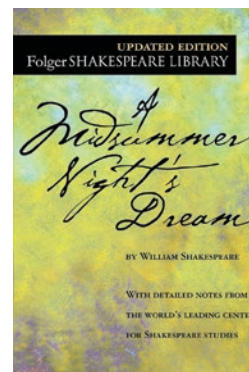
Teresa Blomquist and Paul Phillips, Coordinators

Read and discuss two great Shakespeare works. *Cymbeline* is the story of the British king Cymbeline and his three children and includes "villainous slander, homicidal jealousy, cross-gender disguises, a deathlike trance, the appearance of Jupiter in a vision," and more! *A Midsummer Night's Dream* brings together aristocratic Athenians, rude mechanicals, and fairies in an interactive plot involving magic, love triangles, generational conflicts, and a tragical-but-funny mini-play. Conflicts and dangers abound, but in the end almost everyone is happy!

William Shakespeare: *Cymbeline*, Folger Edition, William Shakespeare and *A Midsummer Night's Dream*, Folger Edition. Participants take turns leading class. Personal anecdotes related to topic allowed.

Thu 5/7 - 8/20 (16X)
\$89 Member; \$109 Non-member

1 - 3 p.m.
13391



Science Fiction: *An Unkindness of Ghosts* (Hybrid)

Joel Michael and Linda Spring, Coordinators

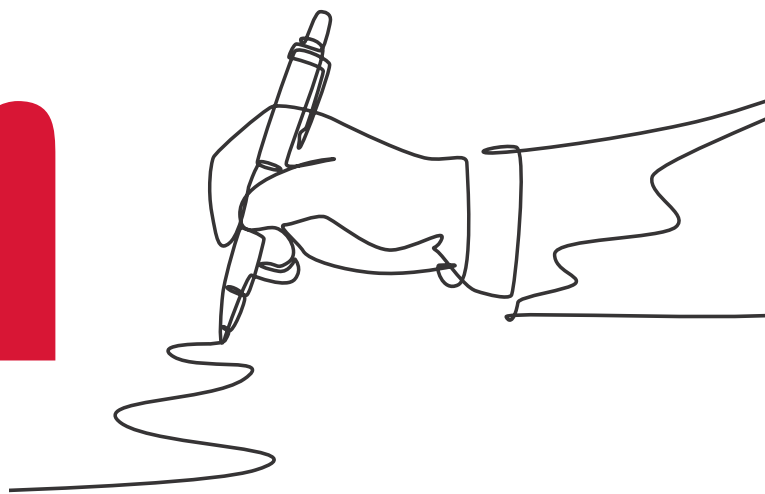
Aster lives in the lowdeck slums of the HSS Matilda, a spaceship organized like the antebellum South. For generations, Matilda has ferried the last of humanity to a mythical Promised Land. On its way, the ship's leaders have imposed harsh moral

restrictions and deep indignities on dark-skinned sharecroppers like Aster. Embroiled in a grudge with a brutal overseer, Aster learns there may be a way to improve her lot, if she's willing to sow the seeds of civil war. *An Unkindness of Ghosts* by Rivers Solomon. Participants take turns leading class. Personal anecdotes related to topic allowed.

Tue 5/5 - 7/7 (10X)
\$59 Member; \$71 Non-member

10 a.m. - 12 p.m.
13403

Enrich



Lifestyle

Creativity Lab: Enhancing Your Creativity

Victoria Reeves, Teaching Artist

Immerse yourself in a mindful, hands-on workshop to experience different ways of thinking. Shake up your idea of what creativity should look or feel like. In-class art, writing, and imagination exercises reawaken your sense of wonder. Weekly activities have you explore your world in unique, eye-opening ways. No experience necessary. All supplies included. Open to everyone who is curious to unlock or enhance their creativity.

Tue 5/5 - 5/26 (4X) 1 - 3 p.m.
\$99 Member; \$119 Non-member 13406

Instructor Spotlight

VICTORIA REEVES

Teaching Artist and Storyteller



Victoria's hands-on workshops create welcoming spaces for personal expression and playful exploration. She brings her deep passion for interdisciplinary arts into every conversation, connection, and lesson plan. A creative entrepreneur for more than 25 years, Victoria works as a doll maker, metal sculptor, storyteller, writing coach, and teaching artist. She collaborates with students in libraries, garden clubs, and community centers across Chicagoland, helping them discover new ways of thinking, creating, and sharing their stories. Let your ideas come to life in *Victoria's Creativity Lab* and *Discover Your Writer's Voice* classes.

Discover Your Writer's Voice

Victoria Reeves, Teaching Artist

Storytelling, also known as personal narrative or live lit, taps into your life experience. What memorable stories do you have to tell? Storyteller and teaching artist Victoria Reeves performs a Moth-style story. Afterwards, you learn how to write (and maybe share) a true tale of your own. No writing or performance skills necessary. Open to everyone!

Thu 6/11 10 - 11:30 a.m.
\$29 Member; \$39 Non-member 13405

Personal Safety: What's Your Plan?

Lindsey Daehnke, Founder of Strictly Self Defense

Lindsey Daehnke discusses the importance of having a personal safety plan. By increasing awareness and planning for the what-ifs, you can reduce the fear and anxiety that some people deal with. Discuss situational awareness, maintaining control when feeling vulnerable, reaction vs. response when a threat is present, and the safety trap that we experience when we are in our comfort zones. Presentation and discussion only. No physical component.

Mon 6/15 1 - 2:30 p.m.
\$29 Member; \$39 Non-member 13361

Profits and Pitfalls Investment Club (Online)

Put your focus on stock investments! For a \$500 initial investment in the Profits and Pitfalls portfolio and a \$50 monthly investment, you may join this lively group as they analyze different companies and make decisions on what to buy and what to sell. New members are required to attend two business meetings before making a decision to join. Group meets on third Wednesday of each month. For more information, contact John Breen at 847.624.9835. Center membership required to participate.

Wed 5/20 - 8/19 (4X) 9 - 11 a.m.
No Fee 13173

Jump Start Your Job Search with AARP

Are you considering rejoining the work force or looking to change your job? AARP helps you enhance your job search efforts, build confidence, and make a smooth transition. Discover how to develop your personal brand, and how to take inventory of your skills. Hear how to grow your network and navigate the modern job search with confidence. Learn how to update and age-proof your resume and information about AARP tools and resources like the AARP Resume Advisors and AARP Job Board where you can search job opportunities with employers who value experienced workers.

Wed 6/17 1 - 2:30 p.m.
No Fee 13258

AARP Smart Driver Course

Nanako Mura, AARP Instructor

The AARP Smart Driver class is a driving refresher for motorists aged 45 and older. Review information on safe driving habits, how to avoid driving hazards, changes in roadway conditions, safety equipment on your automobile, as well as discuss when to consider driver retirement. The instructor covers much of the information needed to pass the Illinois State license exam and reviews the eyesight, hearing, and physical changes that drivers experience as they age. Completion of the two-day class may entitle you to a discount on your auto insurance. Check with your insurance carrier for further details. Please bring cash or check made out to AARP for \$20 for AARP members with valid membership card, or \$25 for non-AARP members, due at the first class meeting.

Fri 6/5 - 6/12 (2X) 9 a.m. - 1 p.m.
No Fee 13183

Electronics Recycling and Document Shredding Day

Reduce your clutter and protect the environment by ensuring that your used belongings are disposed of in an environmentally responsible manner. Bring your household electronics, batteries, and sensitive documents to NSSC. Northfield Township Road District will be here to accept your items. Further details about what items can be accepted will be available in Lifelong Learning or on the Northfield Township Road District website. Items can only be accepted during this event. No early drop offs will be accepted. The event takes place in the south parking lot. Enter parking lot from Winnetka Road and follow the signs.

Wed 7/15 9 a.m. - 1 p.m.
No Fee 13356



Planning for Peace of Mind: Funeral Pre-Planning Seminar

Planning ahead can be a loving gift to those we leave behind, ensuring our wishes are honored and easing their burden during a difficult time. While it's true that death is a natural part of life, many people find it challenging to plan their funerals and discuss those plans with family and/or friends. From traditional burials to cremation (and what to do with the "remains") and even eco-friendly "green" alternatives, there's something to fit everyone's wishes and values. Understanding the options and choosing what feels right to you can bring peace of mind for both you and your family. CEUs available.

Wed 5/6 9:30 - 11:30 a.m.
No Fee 13413

Take Pride in Our Future

This program is presented by a certified elder law attorney. The program will discuss the challenges LGBTQ+ individuals may experience when planning for later life, strategies that can be used to build strong relationships and effective care plans, and what documents, resources, and information are needed to help ensure a secure future. CEUs available.

Thu 6/4 9:30 - 11 a.m.
No Fee 13414

Outsmarting the Scammers: Stop the Scam

Scams and fraud targeting older adults are growing in frequency and sophistication. Steve Bernas of the Better Business Bureau and Sgt. Carly Gaba of the Glenview Police Department explore the most common types of fraud, why older adults are often targeted, and how law enforcement investigates and responds to these crimes. Social workers and other professionals will gain practical strategies for educating and guiding clients in recognizing warning signs, reducing risk, and responding appropriately to suspected fraud. Community members will leave with actionable tools to protect themselves, stay informed, and outsmart scammers. CEUs available.

Wed 6/17 3:30 - 5 p.m.
No Fee 13415

Arts & Crafts

Monotype Printing

Ingrid Albrecht, Instructor, Artist, and Studio Owner

Learn the monotype printing process using additive, subtractive, and freestyle processes as you explore how to use watercolor paints and inks together for exciting results. This is a class that promises a lot of creative fun producing outstanding results. All the art supplies and tools needed for printing will be provided for use in class. There are a few basic supplies students will need to bring to class.

Tue 5/12 - 6/2 (4X) 1 - 3 p.m.
\$175 Member; \$210 Non-member 13427



Silk Scarf Marbling

Deb Moretti, Fiber Artist

Enjoy a unique, fun, hands-on experience as you create your own one-of-a-kind design on a six-foot silk scarf. Deb demonstrates the techniques to paint your scarf, then you choose your colors and create your personal design. All supplies are included. Painting can be messy so dress appropriately.

Wed 6/17 10 a.m. - 1 p.m.
\$75 Member; \$89 Non-member 13419

Embossed Metal Tooling

Peggy Goldman, Artist and Instructor

Metal tooling is a centuries-old art form in which a soft metal is worked with a rounded tool to create a raised (embossed) design onto the metal. Using a simple drawing or picture as a guide, you will draw or trace the image to the metal to create your own unique work of art. Supplies provided in class. You may bring in a drawing or picture of your own, or use one provided by the instructor.

Wed 7/15 9:30 - 11:30 a.m.
\$35 Member; \$45 Non-member 13380

Instructor Spotlight



MOLLY BRODZELLER

Stained Glass Artist and Instructor

Chicago-based artist Molly Brodzeller has been creating stained glass artwork since 2020. First introduced to the craft in high school, they quickly fell in love with the medium. While earning a degree in Nonprofit Management at Indiana University, they returned to stained glass and hasn't put it down since. Now five years into their practice, Molly designs custom commissions, sells their work at markets, and leads stained glass jewelry workshops throughout Chicago and beyond.

Stained Glass Jewelry

Molly Brodzeller, Stained Glass Jewelry Artist

Begin your journey into the making of unique and beautiful art that is all your own. After a short demo by Molly on the process of creating stained glass, you will learn how to apply copper foil to pre-cut and pre-ground pieces of stained glass of various shapes and colors to make your choice of earrings, a necklace, keychains, or charms. All supplies included.

Wed 5/20 9 a.m. - 12 p.m.
\$75 Member; \$89 Non-member 13420

Off Loom Woven Bead Bracelet

Diane Adamski, Beading Artist

Create a beautiful, beaded bracelet using right angle weave (RAW) stitch, a versatile off loom bead weaving technique. You



will be using Swarovski crystals, seed beads, and pearls to create your bracelet. Class is open to all, no prior experience is required. Written instructions and all materials will be provided. Beads are small, so you may want to bring your crafting magnifying reading glasses and a task lamp if preferred. Class size will be small to allow for plenty of individual attention.

Mon 6/1 - 6/15 (3X) 1 - 3 p.m.
\$89 Member; \$109 Non-member 13422



Exploring Watercolor Level I

Ingrid Albrecht, Instructor, Artist, Studio Owner

Watercolor is an exciting, challenging medium. Ingrid will take you through the basic watercolor washes, brush strokes, timing of the paint application, elements and principles of design, and color theory as well as provide tips to get WOW results in your painting and to overcome the fear of the white paper. Each class will begin with a lesson and then move onto a class painting demonstration by Ingrid. You will then choose your own subject to paint with Ingrid's help, and participate in a group critique where everyone will learn from each other. You will be given paints and paper as part of the class fee. Brushes, pallets, and other supplies are provided for your use in the classroom but remain with the studio.

Tue 6/16 - 7/21 (6X) 1 - 3 p.m.
 \$225 Member; \$269 Non-member 13421

Drawing Workshop for Beginners and Beyond

Blair Trueblood, MFA

Drawing provides the foundation to develop your eye to work in other mediums. Explore line, shape, shading, approximate measuring, and elements of composition. Take part in a fun, interactive, and supportive drawing group that includes beginners as well as more experienced artists so you can learn from one another under the direction of the instructor. Beginners are provided with supplies needed to learn basic skills of drawing. More experienced drawers have the space to work on projects of their own choice with feedback as they desire. Additionally, enjoy short group discussions about an artist, artwork, or art process.

Mon 5/4 - 6/15 (6X - no class 5/25) 10 a.m. - 12 p.m.
 \$109 Member; \$129 Non-member 13423

Mon 7/6 - 8/10 (6X) 10 a.m. - 12 p.m.
 \$109 Member; \$129 Non-member 13424

NSSC Art Gallery



A Spring Triplet: Juli Janovicz, Samira Gdisis, and Kendra Kett

May 4 – June 26, 2026

This Spring Triplet exhibit brings together three artists in a shared exploration of renewal, color, and the living world. Working in watercolor, hand-pulled relief prints, and mixed media, the artists draw on florals, leaves, birds, butterflies, and abstract landscapes to reflect memory, movement, and transformation, each approaching nature as an active, felt presence. Janovicz's watercolor florals emerge from decades of gardening and botanical study, capturing the lingering resonance of the garden. Gdisis's linocuts and woodcuts distill natural forms into bold, rhythmic compositions of color and contrast. Kett's mixed media works draw on cellular organic imagery as metaphors for healing and regeneration. Together, the three artists form a visual triplet that celebrates spring as a season of growth and renewal.

NSSC Members Multi-Media Exhibit

July 6 – August 28, 2026

Embark on a visual journey as you explore the captivating and imaginative artwork created by NSSC members who are artists working in our studio space as well as artists working on their own. Delight in the talents of our skilled artists, from the intricate three-dimensional masterpieces crafted by our sculptors to the vibrant canvases painted with oils, acrylics, watercolors, pastels, and a myriad of other artistic expressions. This exhibit promises to be a feast for your eyes, showcasing the diverse and beautiful creations born from the artistic endeavors of our talented artists.

New Perspectives Fine Art Studio

Looking for a studio? Make this your artistic home away from home. Start a new project or work on those you have begun in a class. Find camaraderie with fellow artists and exhibition opportunities in our beautiful Atrium Gallery. Enjoy a wonderful facility with skylights, sinks, individual storage, kiln, easels, light box—perfect for working in many artistic mediums. Artists bring their own supplies and work independently as there is no instructor. For more information, contact Lifelong Learning at 847.784.6030 or Rose Carroll at 847.784.6035. Center membership required to participate.

Mon, Tue 5/4 - 8/27 (no class 5/25, 8/26) 12 - 4 p.m.
Wed, Thu 9 a.m. - 4 p.m.
 \$79 Member 13241

Arts & Crafts (continued)

Art Workshop

*Ralph Greenhow and Gary Woodward,
Professional Artists and Teachers*

Receive input and assistance from two experienced artist-teachers who rotate from week to week. Students choose their preferred media and bring their own supplies. Each person is offered guidance based on their skill level. As actively practicing artists, Ralph and Gary are in a unique position to offer guidance to artists just starting on their creative journey as well as offering new perspectives and inspiration to experienced artists looking to refine their technique. This is an encouraging and supportive space where you can experiment while enjoying the flow of creativity.

Tue	5/5 - 6/23 (8X)	10 a.m. - 12 p.m.
	\$139 Member; \$169 Non-member	13242
Tue	7/7 - 8/25 (8X)	10 a.m. - 12 p.m.
	\$139 Member; \$169 Non-member	13243

Sculpture Studio

Studio time is available for experienced sculptors to practice their craft and interact with other artists. Participation must be arranged through Rose Carroll at 847.784.6035. Although studio use is free, there is a fee for the clay. Center membership required to participate.

Fri	5/1 - 8/28 (16X - no class 6/19, 7/3)	9 a.m. - 12 p.m.
	No Fee	13238

Quilting

Rose Carroll, NSSC Staff Member

Take part in quilting with others who enjoy the craft. Teacher assistance is provided for those who need help with a personal project. Provide your own supplies. All levels of experience are welcome, but you must have some experience as this is not for absolute beginners. Center membership required to participate.

Mon	5/4 - 8/31 (17X - no class 5/25)	9 a.m. - 12 p.m.
	No Fee	13235

Sewing Bees

Enjoy the camaraderie of this congenial group of quilters, sewers, and knitters who prepare craft items for sale in The Shop at the Center. These generous crafters not only help the Senior Center, but they also become fast friends by working together year-round. Must have experience and be able to work independently as there is no instructor in the group. Bring a brown bag lunch. Center membership required to participate.

Fri	5/1 - 8/28 (16X)	10 a.m. - 1 p.m.
	No Fee	13239

Share the Warmth Club

Share the Warmth Club makes comforting fleece and crocheted blankets for adults going through chemotherapy as well as blankets for young children who are hospitalized. Crochet experience is not needed as instruction is provided. You can also cut fleece, wind yarn, coordinate it with fabric, crochet borders, sew labels, or deliver to hospitals. This is a very positive and upbeat group whose participants have a good time as they make blankets to help others. Center membership required to participate.

Wed, Fri	5/1 - 8/28	9 a.m. - 12 p.m.
	(32X - no class 6/19, 7/3, 8/26)	

No Fee	13237
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Weaving Studio

Looms are available to experienced weavers for work on personal projects. You must have basic weaving skills, as there is no instructor. Participation is limited by the number of looms available in studio. Contact Rose Carroll at 847.784.6035 in Lifelong Learning for information on availability. Center membership required to participate.

Tue	5/5 - 8/25 (17X)	9 a.m. - 12 p.m.
	No Fee	13236



Knitting Studio

Mary Staackmann, Facilitator

Enjoy our weekly Knitting Studio where you can work on your projects, brush up on your skills, learn new techniques, or just spend an afternoon knitting with others. Mary Staackmann will be available to provide personalized instruction as needed, answer any questions you may have about knitting, and share knitting tips. Bring your supplies or project in progress. Center membership required to participate.

Wed	5/6 - 8/26 (16X - no class 8/26)	1 - 3 p.m.
	No Fee	13240

Language

Spanish Club (Online)

Join an eclectic group of non-native *hablantes de español* that gathers for informal conversation, lots of laughs, interesting discussions, and some written homework. *Ven a practicar con nosotros.* For those who have already acquired basic conversational skills in Spanish.

Center membership required to participate.

Mon 5/4 - 8/31 (17X - no class 5/25) 10:45 - 11:45 a.m.
No Fee 13171



Yiddish Club on Monday (Hybrid)

For everyone who loves to hear the Yiddish language and can speak *a bisl*. Enjoy humor, stories, music, and conversation. Center membership required to participate.

Mon 5/4 - 8/31 (17X - no class 5/25) 1 - 2:30 p.m.
No Fee 13172

Let's Read Yiddish

Sandra Elbaum, Group Leader

Enjoy reading Yiddish with others in a friendly, small group setting. For this intermediate level Yiddish reading circle, or *leynkrayz*, the ability to read Yiddish is required. Readings will come from the contemporary *Forverts* (in Yiddish) as well as stories and novels by Eastern European writers in the original Yiddish. Center membership required to participate.

Thu 5/7 - 8/27 (17X) 1 - 2:30 p.m.
No Fee 13175

Computer & Technology Assistance

Fridays: 10 a.m - 12 p.m.



A group of volunteers is available every Friday morning to answer your computer, tablet, or smartphone questions or resolve your computer issues. Perhaps you have a question about something you learned in a class you have taken, or just got a new device you are trying to figure out. Come in and ask our tech volunteers! No registration required. Assistance is on a first come first served basis.

Computers & Technology

AI 101 Workshop

Jacob Isaacson, Tech Teacher, Endpoint Engineer, and Owner of JJ's Whatever, LLC

Jacob Isaacson explores what AI is, how it started, and why it's becoming such a big part of our lives. With simple explanations and real-world examples, learn about today's most common AI applications, and how to use them. His goal is to help you build a confident foundation to understand and talk about AI.

Mon 6/1 1 - 2:30 p.m.
\$29 Member; \$35 Non-member 13362

Apple iPhone and iPad Basics

Michael Gershbein, MLS, Very Smart People, LLC

Looking to get comfortable using your iPhone and iPad? Learn the basics of navigation, customization, and app usage with an aim towards increasing overall familiarity and comfort with your device. Bring your fully charged devices to class.

Thu 5/21 1 - 2:30 p.m.
\$19 Member; \$25 Non-member 13202

Apple iPhone and iPad Advanced Tips and Tricks

Michael Gershbein, MLS, Very Smart People, LLC

Are you comfortable using your iPhone or iPad but would like to learn more to get the most out of it? Learn a variety of advanced tips, tricks, and settings that will allow you to maximize your use and become a power user. Bring your fully charged devices to class.

Thu 8/27 1 - 2:30 p.m.
\$19 Member; \$25 Non-member 13204

Master Your Apple Watch

Michael Gershbein, MLS, Very Smart People, LLC

Learn everything you never knew about your Apple Watch from customization to health tracking and notifications to extending your phone's functionality to your watch.

Thu 6/25 1 - 2 p.m.
\$19 Member; \$25 Non-member 13203

How to Save Money Online

Michael Gershbein, MLS, Very Smart People, LLC

The thrifty among us will appreciate being able to find all the best options for discount shopping online, from coupons to price alerts to cost comparison sites. Mike Gershbein shows you all you need to know about saving money online!

Thu 7/23 1 - 2:30 p.m.
\$19 Member; \$25 Non-member 13366

Live

Health & Wellness Education



Understanding Chronic Kidney Disease

Ronald Kallen, MD, Retired Nephrologist

As people live longer, chronic kidney disease has become increasingly common. Ronald Kallen, MD, retired nephrologist, offers a clear, non-technical overview of kidney structure and function to help demystify this vital organ. The discussion covers common causes of chronic kidney disease, general treatment approaches, dietary considerations, dialysis, and transplantation. This program is intended for educational purposes only and does not replace individualized medical advice from a healthcare provider.

Fri 8/7

\$15 Member; \$20 Non-member

11 a.m. - 12 p.m.

13328



Diets Deconstructed

Ann Terry, Certified Nutritional Therapist

With so many popular diets promising weight loss, gut health, and longevity, it can be difficult to know what truly supports long-term wellness. Certified Nutritional Coach Ann Terry breaks down current dietary trends, including Paleo, Keto, Whole30, intermittent fasting, and DASH, highlighting key principles, benefits, and limitations of each approach. Learn which foods promote a healthy lifestyle, which to limit, and how to create simple, satisfying meals that work for you.

Mon 5/18

\$15 Member; \$20 Non-member

11 a.m. - 12 p.m.

13293

Eating Well Without the Guesswork

Ann Terry, Certified Nutritional Therapist

Choosing healthy foods doesn't have to be complicated. Certified Nutritional Coach Ann Terry shares practical, approachable strategies for selecting and preparing nutritious meals that support brain and body health as we age. Learn how to confidently navigate grocery stores and restaurant menus, identify foods that promote wellness, and recognize options that may undermine long-term health—all with an emphasis on simplicity and enjoyment.

Mon 6/15

\$15 Member; \$20 Non-member

11 a.m. - 12 p.m.

13294

Exercise & Dance

Mat Yoga for Strength and Renewal

Kathy O'Malley, Yoga Instructor

Mat yoga builds flexibility, balance, and calm by working every joint in the body from head to toe. Certified instructor Kathy O'Malley, trained with Blue Sun Yoga, leads this creative class on the floor where no two sessions are ever the same. Using blocks, straps, and blankets, you'll learn safe, supportive ways to move through poses. Each class blends breathing techniques, mindful movement, and lighthearted energy, leaving you stronger, more centered, and refreshed.

Fri 5/1 - 6/26 (6X - no class 5/29, 6/5) 9 - 10 a.m.
 \$85 Member; \$99 Non-member 13353

Fri 7/10 - 8/28 (6X - no class 8/14, 8/21) 9 - 10 a.m.
 \$85 Member; \$99 Non-member 13354

Yoga for the Rest of Us (Hybrid)

Ellen Fogarty, Certified Yoga Teacher

Anyone can enjoy the many benefits of yoga, including increased strength, balance, flexibility, and mobility. This class is uniquely designed for individuals of all fitness levels to relax and unwind. Certified yoga instructor, Ellen Fogarty, accommodates individual needs through the use of chairs, blocks, bolsters, and other props to help you develop a more mindful awareness of your body and a sense of overall well-being.

Tue 5/5 - 6/30 (9X) 9 - 10 a.m.
 \$85 Member; \$99 Non-member 13248

Tue 7/7 - 8/25 (8X) 9 - 10 a.m.
 \$85 Member; \$99 Non-member 13249



Tai Chi

Bobbie Adams, Certified Tai Chi Instructor

Experience the transformative power of Tai Chi with Bobbie Adams, a seasoned instructor dedicated to providing a safe, enjoyable, and health-focused experience. Following Arthritis Foundation guidelines, Bobbie offers gentle fitness tailored for joint strength, improved range of motion, arthritis relief, enhanced balance, and posture. Bobbie combines deep-breathing techniques with gentle movement for cardiovascular health, stress reduction, and revitalizing energy. Ideal for improving balance and general wellness, as well as post-rehab follow-ups and stroke recovery. You may take part either standing or seated.

Thu 5/7 - 7/2 (8X - no class 5/21) 2:30 - 3:15 p.m.
 \$79 Member; \$95 Non-member 13245

Thu 7/9 - 8/27 (8X) 2:30 - 3:15 p.m.
 \$79 Member; \$95 Non-member 13246

Better Balance

Naoko Myron, NSSC Fitness and Wellness Manager

Balance and stability training can directly improve all aspects of daily living. Enhance core strength, balance, coordination, stability, and flexibility in this moderate intensity, low impact class. Standing exercises are done throughout duration of class.

Mon, Wed 5/4 - 6/24 (15X - no class 5/25) 10 - 10:45 a.m.
 \$79 Member; \$95 Non-member 13333

Mon, Wed 6/29 - 8/24 (15X - no class 7/6, 7/8) 10 - 10:45 a.m.
 \$79 Member; \$95 Non-member 13334

Sit and Get Fit

Bettylynn Koules, Health and Wellness Professional

Move your feet and get fit while in your seat! This multi-level class is suitable for those with limitations who are seeking to improve muscle tone, strength, and stamina. Low to moderate intensity, low impact.

Mon, Wed 5/4 - 6/29 (17X - no class 5/25) 11 - 11:45 a.m.
 \$79 Member; \$95 Non-member 13252

Mon, Wed 7/1 - 8/24 (16X) 11 - 11:45 a.m.
 \$79 Member; \$95 Non-member 13253



NSSC recommends that you consult with your physician before beginning an exercise program.

Exercise & Dance

(continued)

Fit and Active

Naoko Myron, NSSC Fitness and Wellness Manager

Experience total fitness and enhance your strength, flexibility, and balance with an emphasis on posture in this upbeat class. Naoko Myron leads you through calisthenics, hand weights, and isometric exercises that will surely keep you motivated. A low impact cardio component is also incorporated to promote coordination, dynamic balance, and fun!

Tue, Thu 5/5 - 6/25 (16X) 10:30 - 11:15 a.m.

\$79 Member; \$95 Non-member 13331

Tue, Thu 6/30 - 8/27 10:30 - 11:15 a.m.

(16X - no class 7/7, 7/9, 7/28, 7/30, 8/4, 8/6)

(Recordings will be sent for four of the skip dates so you still get access to those sessions.)

\$79 Member; \$95 Non-member 13332

Instructor Spotlight

DEBBIE FOGEL

Certified Fitness

Instructor

Debbie Fogel has been a certified group fitness instructor since 1991. Originally inspired by the aerobics craze of the 1980s, she fell in love with group exercise and even took an Aerobic Exercise PE class while attending the University of Wisconsin, Madison. After graduating, Debbie moved to Chicago, where she became both a certified fitness instructor and a certified personal trainer. Her first job in fitness was at Webster Fitness Club, where she met her husband, and where they later got engaged in the aerobics studio. Nearly 35 years and numerous certifications later, Debbie has become a specialist in senior fitness, barre, and water exercise. In 2022, she and her husband, along with their two dogs, relocated to Madison, Wisconsin, after their youngest child graduated from high school. They are now enjoying a downsized, slower-paced lifestyle.



Stay Fit at Home: Balance, Strength, and Stretch (Online)

Debbie Fogel, Certified Fitness Instructor

Stay fit and active in the comfort of your own home! This full body fitness class is designed to improve your strength, balance, and flexibility. All fitness levels and abilities are welcome. Waiver and Release: By participating in this class, you agree to waive and release NSSC and instructor from any liability, take responsibility for your own fitness level, and participate of your own free will and at your own risk.

Tue, Thu 5/5 - 6/25 (16X) 10:45 - 11:30 a.m.

\$85 Member; \$99 Non-member 13256

Tue, Thu 7/2 - 8/27 (17X) 10:45 - 11:30 a.m.

\$85 Member; \$99 Non-member 13359

Rise and Shine Exercise (Online)

Debbie Fogel, Certified Fitness Instructor

Start your day in an invigorating way in this exercise class focusing on balance, flexibility, core strength, and stamina. Debbie Fogel leads you through a series of strength and flexibility moves designed to get you ready to greet the day! Low to moderate intensity, low impact. Waiver and Release: By participating in this class, you agree to waive and release NSSC and instructor from any liability, take responsibility for your own fitness level, and participate of your own free will and at your own risk.

Mon, Wed, Fri 5/1 - 7/1 (25X - no class 5/25) 8:30 - 9 a.m.

\$95 Member; \$109 Non-member 13254

Mon, Wed, Fri 7/6 - 8/28 (23X - no class 8/26) 8:30 - 9 a.m.

\$95 Member; \$109 Non-member 13255

Beginner Ballet

Hallie Rehwaldt, Director and Teacher, Lincoln Street Ballet School

Designed for those with little or no ballet experience, this low-impact class guides you through the basics of classical ballet. There is an emphasis on music and artistry, with occasional clips to watch and explanations of traditional ballet stories to inspire our movement. Ballet slippers or jazz shoes recommended. Dance clothing is optional.

Tue 5/5 - 6/30 (8X - no class 5/12) 2 - 2:45 p.m.
\$85 Member; \$99 Non-member 13350
Tue 7/7 - 7/28 (4X) 2 - 2:45 p.m.
\$59 Member; \$69 Non-member 13351

Ballet

Hallie Rehwaldt, Director and Teacher, Lincoln Street Ballet School

Enjoy the beauty of classical ballet and graceful movement. This low-impact practice will not include jumps, turns or anything that puts stress on joints. Wear ballet shoes as well as leotard, tights and ballet skirt, yoga clothes, or slim slacks to class. Previous ballet experience required.

Tue 5/5 - 6/30 (8X - no class 5/12) 3 - 4 p.m.
\$85 Member; \$99 Non-member 13250
Tue 7/7 - 7/28 (4X) 3 - 4 p.m.
\$59 Member; \$69 Non-member 13352



Walking Club

Ron Hadsall, Coordinator

Take invigorating walks on the North Branch Trail of the Cook County Forest Preserves as you enjoy the beautiful outdoors on our local nature trails. Walkers have a few choices designed for their comfort. You can walk on hard or soft surfaces, and stop and turn around at any point on the walk. The full distance is about 3 1/3 miles, but many walk a shorter distance. Center membership is required to participate.

Meet at NSSC to start the walk.
Fri 5/1 - 8/28 (16X - no class 6/19, 7/3) 10 - 11 a.m.
No Fee 13176

Pop-Up Classes

Try a new type of exercise!

Boots Optional: Let's Line Dance!

Naoko Myron, NSSC Fitness and Wellness Manager

Looking for a fun way to stay active and social?

Discover easy-to-learn

routines set to a variety of

upbeat music. You will improve balance, coordination, and memory while enjoying a low-pressure cardio workout. Steps are clearly broken down, making the class welcoming for beginners and engaging for returning dancers alike. No partner needed.

Fri 5/29 - 6/26 (4X - no class 6/19) 10:30 - 11:15 a.m.

\$49 Member; \$59 Non-member 13335

Barre Express at Home (Online)

Debbie Fogel, Certified Fitness Instructor

Build strength, muscles, and improve stability from home. You will move through high-repetition arm work using light weights, targeted thigh exercises using a chair or counter for support, and core strengthening on the mat. Plank options allow you to work at your own level while building strength and stability. Full-body stretching brings the workout to a strong finish, leaving you energized and balanced. Waiver and Release: By participating in this class, you agree to waive and release NSSC and instructor from any liability, take responsibility for your own fitness level, and participate of your own free will and at your own risk.

Wed 6/3 - 6/24 (4X) 1:30 - 2 p.m.

\$49 Member; \$59 Non-member 13360

Low-Impact Cardio

Naoko Myron, NSSC Fitness and Wellness Manager

Regular aerobic activity plays an important role in maintaining a strong heart and healthy circulation. You will build cardiovascular endurance, improve coordination, and boost energy through steady, low-impact movements set to upbeat music. The joint-friendly pace supports confident movement while helping you feel accomplished, energized, and stronger with every session.

Thu 8/13 - 9/3 (4X) 9:30-10 a.m.

\$49 Member; \$59 Non-member 13247



Fitness Center

Our mission is to improve the health and wellness of the adult community by providing the highest quality facilities, professional team members, and programs in a uniquely supportive environment.

Fitness Center Membership Includes:

- NSSC Exercise Specialists
- Fitness Assessment
- Orientation and personalized exercise program
- Cardiovascular training equipment
- Discounts on Personal Training fees
- Locker rooms, towel service, and shower amenities
- Keycard access to Fitness Center door during business hours.

Fitness Center Information

Monday through Friday 8 a.m. – 4 p.m.
 Saturday 8 a.m. – 1 p.m.

Arthur C. Nielsen, Jr. Campus
 161 Northfield Road, Northfield, IL 60093
 847.784.6003

Fitness Center Membership Fees

Membership Type	Basic	Member
Annual Individual Membership	\$520	\$350
Annual Couple Membership	\$990	\$650
6 Month Individual Membership	\$300	\$220
6 Month Couple Membership	\$580	\$400
3 Month Individual Membership	\$165	\$140

**There is a one-time \$50 enrollment fee for new members*

Personal Training Rates*

60 Minute Session	Basic	Member
1 session	\$100	\$85
5 sessions	\$430	\$380
10 sessions	\$825	\$740

30 Minute Session	Basic	Member
1 session	\$70	\$55
5 sessions	\$300	\$250
10 sessions	\$580	\$485

**Fitness Center members receive a 10% discount off applicable Personal Training fee.*

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Play

Clubs & Social Groups



Photography Club (Online)

Louis Solomon, Facilitator

Meet with others who share your love of photography. The group shares constructive feedback on each other's work, ideas, and tips on how to capture the best possible image so that less time will be required for editing. Other activities include photo field trips and periodic group exhibitions. The group meets on the second and fourth Friday of each month, however the schedule may vary, so please call Lifelong Learning at 847.784.6030 for information. Center membership required to participate.

Fri 5/8 - 8/28 (8X) 1:30 - 3 p.m.
No Fee 13201

Sports Talk

Enjoy a lively, weekly discussion of sports, facilitated by retired sports writer Ed Stone. Center membership required to participate.

Wed 5/6 - 8/19 (16X) 10 - 11 a.m.
No Fee 13174

Games

Beginning Canasta

Debbie Friedman, Instructor

If you like card games, you will love Canasta. Learn the game from the beginning and play with others who also enjoy the game. Debbie teaches you the concepts of the game, rules, and strategies all while you have fun.

Wed 5/20 - 6/24 (6X) 9:30 - 11:30 a.m.
\$89 Member; \$105 Non-member 13211

Intermediate Canasta

Debbie Friedman, Instructor

Build on your beginning Canasta skills and learn more of the concepts of the game, rules, and strategies. Debbie guides you as you practice and learn to strengthen your game. Beginning Canasta class or prior experience is a requirement for this class.

Wed 7/8 - 7/29 (4X) 9:30 - 11:30 a.m.
\$69 Member; \$85 Non-member 13212

Beginning Mah Jongg

Sylvia Taflove, Mah Jongg Instructor

Mah Jongg is a great game of strategy played with tiles. Whether you are a novice or want to refresh your skills, have fun learning and playing this interesting rummy-like game. Mah Jongg cards are provided in class.

Wed 5/20 - 6/17 (5X) 1 - 3 p.m.
\$85 Member; \$99 Non-member 13193

Building Your Mah Jongg Skills

Sylvia Taflove, Mah Jongg Instructor

If you know how to play the game but want to upgrade your defense, this is the class for you. Learn more about reading the card to its full advantage, and how to change hands when the hand you are playing "goes dead." Learn advanced techniques to bring more enjoyment to your game.

Wed 7/1 - 7/29 (5X) 1 - 3 p.m.
\$69 Member; \$85 Non-member 13194



Games (continued)

Intermediate Bridge

Phyllis Bartlett, American Contract Bridge League Certified Teacher

Led by instructor, Phyllis Bartlett, this class is designed for the returning bridge student to update and refine basic bidding skills. An emphasis is placed on important conventions. Declarer play and defense are also addressed.

Mon 5/11 - 6/29 (7X - no class 5/25) 9:30 - 11:30 a.m.
\$175 Member; \$210 Non-member 13319

Advancing Bridge

Phyllis Bartlett, American Contract Bridge League Certified Teacher

Instructor Phyllis Bartlett takes your bridge prowess to the next level. New conventions in bidding will be introduced while refining bidding with partner with or without competition. Judgement grows with practice.

Mon 5/11 - 6/29 (7X - no class 5/25) 1 - 3 p.m.
\$175 Member; \$210 Non-member 13318

Supervised Bridge

Phyllis Bartlett, American Contract Bridge League Certified Teacher

Continue learning bridge by playing with a variety of players under the guidance of Phyllis Bartlett, a master bridge player and instructor.

Thu 5/7 - 6/25 (8X) 9:30 - 11:30 a.m.
\$125 Member; \$149 Non-member 13316



Duplicate Bridge

Bob Alps, Bridge Facilitator

Play a friendly game of duplicate bridge. Knowledge of the game is required. Players without a partner are paired with other single players, when possible. No master points are given. A \$7.00 fee is required each time you play. There is a \$5.00 per person prize for finishing in first place. Center membership and registration required to participate.

Thu 5/7 - 8/27 (17X) 12:30 - 3:30 p.m.
No Fee 13182

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Supervised Chess

Stephen Kaufman, US Chess Federation Certified Chess Coach

Steve Kaufman helps you to the next level in your chess game by supervising games, reiterating techniques, and offering tips to participants. This class is appropriate for players with an intermediate level of understanding and skill. Instructor supplies chess sets during class.

Fri 5/15 - 6/26 (6X - no class 6/19) 1 - 2:30 p.m.

\$99 Member; \$119 Non-member 13371

Fri 7/10 - 8/21 (7X) 1 - 2:30 p.m.

\$115 Member; \$139 Non-member 13372

Poker Club

Enjoy a friendly game of poker! Games are dealer's choice, so learn a new game or teach one! Center membership required to participate.

Tue 5/5 - 8/25 (17X) 12 - 3 p.m.

No Fee 13179



Scrabble

A great way to exercise your mind is to play board games. Scrabble has you spelling and creating words by juggling the alphabet to suit the board. It can be challenging because it requires thought, skill, and persistence. Center membership required to participate.

Thu 5/7 - 8/27 (17X) 1 - 3 p.m.

No Fee 13180

Game Time

Come for an afternoon of fun and play cards, Mah Jongg, or any other game that you wish to play with your friends. Schedule may change. Bring your own game supplies.

Center membership required to participate.

Tue 5/1 - 8/29 (no class 6/19, 7/3) 9 a.m. - 4 p.m.

Thu 12:30 - 4 p.m.

Fri 9 a.m. - 12 p.m.

No Fee 13178



Tennis Club

All NSSC men and women are invited to play indoors at Glenbrook Racquet Club in Northbrook. Moderate court fees may apply. Level of play varies from 3.0 and up (must be able to rally and serve). Games are for fun, exercise, and a good time. For more information contact Lifelong Learning at 847.784.6030. Center membership and registration required to participate.

Mon, Fri 5/1 - 8/31 (33X - no class 5/25) 1 - 2:30 p.m.

No Fee 13205

Ping Pong Club

Dan Mah, Facilitator

Whether you're a Ping Pong enthusiast or looking to try something new, Ping Pong is a great way to have fun and get a good workout while you play! Paddles and balls available. Center membership required to play. All levels of play welcome.

Wed, Fri 5/1 - 8/28 (32X - no class 6/19, 7/3) 1 - 3 p.m.

No Fee 13181


Golf League

All NSSC men and women are invited to play golf and enjoy the sociability at local courses on Mondays and Thursdays.

Play continues until October. Golf league information sheets are available in Lifelong Learning. For more information call Golf Chair Joe Hayes at 847.274.5326 or Lifelong Learning at 847.784.6030. Center membership and registration required to participate.


May at a glance

Every Week

	Monday	Tuesday	Wednesday	Thursday	Friday
	7:30 Golf League 8:30 Rise & Shine Exercise 9:00 Quilting 9:30 American Politics 10:00 Better Balance 10:45 Spanish Club 11:00 Sit & Get Fit 12:00 Fine Art Studio 1:00 Yiddish Club 1:00 Tennis Club	9:00 Game Time 9:00 Yoga for the Rest of Us 9:00 Weaving Studio 9:00 The Warm Up Coffee 10:00 Tuesday Club Meeting 10:30 Fit & Active 10:45 Stay Fit at Home 12:00 Poker 12:00 Fine Art Studio 2:00 Beginner Ballet 3:00 Ballet	8:30 Rise & Shine Exercise 9:00 Share the Warmth Club 9:00 Fine Art Studio 10:00 Sports Talk 10:00 Better Balance 11:00 Sit & Get Fit 1:00 Ping Pong Club 1:00 Knitting Studio	7:30 Golf League 9:00 Fine Art Studio 10:30 Fit & Active 10:45 Stay Fit at Home 12:30 Game Time 12:30 Duplicate Bridge 1:00 Scrabble 1:00 Let's Read Yiddish 2:30 Tai Chi	8:30 Rise & Shine Exercise 9:00 Game Time 9:00 Sculpture Studio 9:00 Share the Warmth Club 10:00 Walking Club 10:00 Sewing Bees 10:00 Computer & Tech Assistance 1:00 Ping Pong Club 1:00 Tennis Club
					9:00 Mat Yoga 9:30 Foreign Policy Roundtable 10:00 Women's Room 1:00 Alexander Hamilton 1:30 Films on Friday
	10:00 Drawing Workshop 10:00 Spinoza 10:00 Walk in Beauty 1:00 Liberators of the Holocaust 1:00 Point of View 1:00 <i>The Ancestor's Tale</i>	10:00 Art Workshop 10:00 Science Fiction 10:30 Information or Manipulation? Social Media 1:00 Creativity Lab 1:00 <i>Stench</i> 1:00 Vera-Ellen Dances into The Golden Age of Musicals 1:00 Writing Workshop 2:00 Beginner Ballet	9:30 Planning for Peace of Mind 10:00 The 70s: January 1970 to August 1971 10:00 <i>No Democracy Lasts Forever</i> 1:00 America's Most Unusual Festivals 1:00 Current Events Group 1:00 Philosophy	9:30 Supervised Bridge 9:30 <i>The New York Times</i> 10:00 Project 2025 1:00 Broadway in Chicago 1:00 Documentary Films 1:00 Shakespeare 1:00 <i>The Autistic Brain</i>	9:00 Mat Yoga 10:00 The Art of Henri Matisse 10:00 Women's Room 1:00 The Flip Side 1:00 Tour Historic Ragdale in Lake Forest 1:30 Photography Club
	9:30 Intermediate Bridge 10:00 Drawing Workshop 10:00 Presidential Pardons 10:00 Spinoza 1:00 Advancing Bridge 1:00 Point of View 1:00 <i>The Ancestor's Tale</i> 1:00 The History of The Beatles' <i>Sgt. Pepper's</i>	10:00 Art Workshop 10:00 Science Fiction 10:30 Five Principles of Healthy Aging 1:00 Chicago's Only Castle 1:00 Creativity Lab 1:00 Monotype Printing 1:00 <i>Stench</i> 1:00 Writing Workshop	10:00 <i>No Democracy Lasts Forever</i> 10:00 The 70s: September 1971 to April 1973 1:00 An Inside Look at the Federal Budgeting Process 1:00 Philosophy 1:00 Reading for a Cozy Afternoon	9:30 Contemporary Short Stories 9:30 Supervised Bridge 9:30 <i>The New York Times</i> 10:00 Project 2025 10:30 Matisse's Jazz 1:00 Billy Joel 1:00 Documentary Films 1:00 Shakespeare 1:00 <i>The Autistic Brain</i>	9:00 Mat Yoga 10:00 1919 10:00 Women's Room 1:00 Radiant Rebellion 1:00 Supervised Chess
	9:30 Intermediate Bridge 10:00 Drawing Workshop 10:00 Spinoza 11:00 Diets Deconstructed 1:00 Advancing Bridge 1:00 Mystery Book Club 1:00 Point of View 1:00 Silicon Valley's Growing Influence 1:00 <i>The Ancestor's Tale</i>	10:00 Art Workshop 10:00 Science Fiction 10:30 Sisters of Influence 1:00 Creativity Lab 1:00 Medici Florence and the Founding of the Americas 1:00 Monotype Printing 1:00 <i>Stench</i> 1:00 Writing Workshop 2:00 Beginner Ballet	9:00 P & P Investment Club 9:00 Stained Glass Jewelry 9:30 Beginning Canasta 9:30 Prize Winning World Lit. 10:00 <i>No Democracy Lasts Forever</i> 10:00 Ultimate Illinois Bucket List 1:00 Beginning Mah Jongg 1:00 Philosophy 1:00 The Mind Readers	9:30 Contemporary Short Stories 9:30 Supervised Bridge 9:30 <i>The New York Times</i> 10:00 Project 2025 1:00 Apple iPhone & iPad Basics 1:00 Documentary Films 1:00 Norman Lear 1:00 Shakespeare 1:00 <i>The Autistic Brain</i>	9:00 Mat Yoga 10:00 Women's Room 12:00 Swing Into Spring with Petra van Nuis 1:00 Supervised Chess 1:30 Photography Club
	 25 Memorial Day NSSC Closed	10:00 Art Workshop 10:00 Science Fiction 10:30 Navy Band Great Lakes 11:30 TED Talks 1:00 Creativity Lab 1:00 Monotype Printing 1:00 <i>Stench</i> 1:00 Debate Over Birthright Citizenship 1:00 Writing Workshop 2:00 Beginner Ballet	9:30 Beginning Canasta 9:30 Prize Winning World Lit. 10:00 <i>No Democracy Lasts Forever</i> 10:00 Predators of Illinois's Past 1:00 Beginning Mah Jongg 1:00 Favorite Films 1:00 Philosophy 1:00 Chicago Music Scene of the 1960s	9:00 Historic Pullman District Daytrip 9:30 Contemporary Short Stories 9:30 Supervised Bridge 9:30 <i>The New York Times</i> 1:00 Documentary Films 1:00 Shakespeare 1:00 <i>The Autistic Brain</i> 1:00 What Just Happened?	10:00 Everything You Know About Movies is Wrong! 10:00 Women's Room 10:30 Boots Optional 1:00 Supervised Chess

June at a glance

Fitness Center Open
Monday - Friday 8 a.m. - 4 p.m.
Saturday 8 a.m. - 1 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Every Week
7:30 Golf League 8:30 Rise & Shine Exercise 9:00 Quilting 9:30 American Politics 10:00 Better Balance 10:45 Spanish Club 11:00 Sit & Get Fit 12:00 Fine Art Studio 1:00 Yiddish Club 1:00 Tennis Club	9:00 Game Time 9:00 Yoga for the Rest of Us 9:00 Weaving Studio 9:00 The Warm Up Coffee 10:00 Tuesday Club Meeting 10:30 Fit & Active 10:45 Stay Fit at Home 12:00 Poker 12:00 Fine Art Studio 2:00 Beginner Ballet 3:00 Ballet	8:30 Rise & Shine Exercise 9:00 Share the Warmth Club 9:00 Fine Art Studio 10:00 Sports Talk 10:00 Better Balance 11:00 Sit & Get Fit 1:00 Ping Pong Club 1:00 Knitting Studio	7:30 Golf League 9:00 Fine Art Studio 10:30 Fit & Active 10:45 Stay Fit at Home 12:30 Game Time 12:30 Duplicate Bridge 1:00 Scrabble 1:00 Let's Read Yiddish 2:30 Tai Chi	8:30 Rise & Shine Exercise 9:00 Game Time 9:00 Sculpture Studio 9:00 Share the Warmth Club 10:00 Walking Club 10:00 Sewing Bees 10:00 Computer & Tech Assistance 1:00 Ping Pong Club 1:00 Tennis Club	
9:30 Intermediate Bridge 1 10:00 Drawing Workshop 10:00 Spinoza 10:00 To Protect or Promote... 1:00 Advancing Bridge 1:00 AI 101 Workshop 1:00 Off Loom Woven Bead Bracelet 1:00 Point of View 1:00 <i>The Ancestor's Tale</i> 1:00 Impossible in Mathematics	10:00 Art Workshop 2 10:00 Science Fiction 10:30 NU Student Music Performance 11:30 TED Talks 1:00 Israel Behind the Headlines 1:00 Monotype Printing 1:00 <i>Stench</i> 1:00 Writing Workshop	9:30 Beginning Canasta 3 9:30 Prize Winning World Lit. 10:00 How Vincent van Gogh Became Famous 10:00 <i>No Democracy Lasts Forever</i> 1:00 Beginning Mah Jongg 1:00 Current Events Group 1:00 Favorite Films 1:00 Normandy 1:00 Philosophy 1:30 Barre Express at Home	9:30 Contemporary Short Stories 4 9:30 Supervised Bridge 9:30 Take Pride in Our Future 9:30 <i>The New York Times</i> 10:00 The Rightward March of the Supreme Court 1:00 Documentary Films 1:00 Shakespeare 1:00 <i>The Autistic Brain</i> 1:00 Time Capsule:1951	9:00 AARP Smart Driver Course 5 9:30 Foreign Policy Roundtable 10:00 Mozart in 1776 10:00 Women's Room 10:30 Boots Optional 1:00 Supervised Chess 1:00 World Reaction to U.S. Foreign Policy 1:30 Films on Friday	
9:30 Intermediate Bridge 8 10:00 Drawing Workshop 10:00 Spinoza 1:00 Advancing Bridge 1:00 Capone's Vault 1:00 Off Loom Woven Bead Bracelet 1:00 Point of View 1:00 <i>The Ancestor's Tale</i>	10:00 Art Workshop 9 10:00 Science Fiction 10:30 Safety in the Home 11:30 TED Talks 1:00 <i>Stench</i> 1:00 The Tramp and the Titan 1:00 Writing Workshop	9:30 Beginning Canasta 10 9:30 Prize Winning World Lit. 10:00 <i>No Democracy Lasts Forever</i> 10:00 The Life and Career of Nat King Cole 1:00 Antisemitism in Film 1:00 Beginning Mah Jongg 1:00 Favorite Films 1:00 Philosophy 1:00 Reading for a Cozy Afternoon 1:30 Barre Express at Home	9:30 Contemporary Short Stories 11 9:30 Supervised Bridge 9:30 <i>The New York Times</i> 10:00 Discover Your Writer's Voice 10:00 The Rightward March of the Supreme Court 1:00 Documentary Films 1:00 Shakespeare 1:00 <i>The Autistic Brain</i> 1:00 Time Capsule: 2001	9:00 AARP Driver Course 12 9:00 Mat Yoga 10:00 The Sinking of the <i>Edmund Fitzgerald</i> 10:00 Women's Room 10:30 Boots Optional 10:30 250 Yrs. of American History 1:00 Supervised Chess 1:00 World Reaction to U.S. Foreign Policy 1:30 Photography Club	
9:00 Horsin' Around 15 9:30 Intermediate Bridge 10:00 Drawing Workshop 10:00 Spinoza 10:00 Unearthing Highway 41 11:00 Eating Well Without Guesswork 1:00 Advancing Bridge 1:00 Off Loom Woven Bead Bracelet 1:00 Personal Safety 1:00 Point of View 1:00 <i>The Ancestor's Tale</i> 1:00 Graphic Genius...Rockwell	10:00 Art Workshop 16 10:00 Science Fiction 10:30 Medical Tourism 11:30 TED Talks 1:00 Exploring Watercolor I 1:00 Genealogy of the Declaration of Independence 1:00 <i>Stench</i> 1:00 Writing Workshop	9:00 P & P Investment Club 17 9:30 Beginning Canasta 9:30 Prize Winning World Lit. 10:00 Do Jews Go to Heaven? 10:00 <i>No Democracy Lasts Forever</i> 10:00 Silk Scarf Marbling 1:00 Beginning Mah Jongg 1:00 Favorite Films 1:00 Jump Start Your Job Search 1:00 Philosophy 1:00 Creation of <i>A Funny Thing...</i> 1:30 Barre Express at Home 3:30 Outsmarting the Scammers	9:30 Contemporary Short Stories 18 9:30 Supervised Bridge 9:30 <i>The New York Times</i> 10:00 2026 Midterm Elections 10:00 The Rightward March of the Supreme Court 1:00 Documentary Films 1:00 Shakespeare 1:00 <i>The Autistic Brain</i> 1:00 Heroic Story of Nazi Hunter Fritz Bauer	 <p>Juneteenth NSSC Closed</p>	
9:30 Intermediate Bridge 22 1:00 Advancing Bridge 1:00 Mystery Book Club 1:00 People Are Like....Stories for Readers 1:00 Point of View 1:00 <i>The Ancestor's Tale</i>	10:00 Art Workshop 23 10:00 Science Fiction 10:30 Updates from the Anti-Defamation League 11:30 TED Talks 1:00 Ain't That a Kick in the Head! 1:00 Exploring Watercolor I 1:00 <i>Stench</i> 1:00 Writing Workshop	9:15 Visit Cantigny Park 24 9:30 Beginning Canasta 9:30 Prize Winning World Lit. 10:00 George Orwell's <i>1984</i> 10:00 <i>No Democracy Lasts Forever</i> 1:00 15 Chicago Urban Dinosaurs 1:00 Favorite Films 1:00 Philosophy 1:30 Barre Express at Home	9:30 Contemporary Short Stories 25 9:30 Supervised Bridge 9:30 <i>The New York Times</i> 1:00 Documentary Films 1:00 Master Your Apple Watch 1:00 Shakespeare 1:00 <i>The Autistic Brain</i> 1:00 What Just Happened?	9:00 Mat Yoga 26 10:00 Grant Wood and American Gothic 10:00 Women's Room 10:30 Boots Optional 12:00 Experience Chicago Vintage Vibe! 1:00 Supervised Chess 1:30 Photography Club	
9:30 Intermediate Bridge 29 1:00 Advancing Bridge 1:00 Judith Resnik 1:00 Point of View 1:00 <i>The Ancestor's Tale</i>	10:00 Art Workshop 30 10:00 Science Fiction 10:30 Around the Town Chicago 11:30 TED Talks 1:00 Exploring Watercolor I 1:00 George Burns & Gracie Allen 1:00 <i>Stench</i> 1:00 Writing Workshop				

July at a glance

Every Week

	Monday	Tuesday	Wednesday	Thursday	Friday
	7:30 Golf League 8:30 Rise & Shine Exercise 9:00 Quilting 9:30 American Politics 10:00 Better Balance 10:45 Spanish Club 11:00 Sit & Get Fit 12:00 Fine Art Studio 1:00 Yiddish Club 1:00 Tennis Club	9:00 Game Time 9:00 Yoga for the Rest of Us 9:00 Weaving Studio 9:00 The Warm Up Coffee 10:00 Tuesday Club Meeting 10:30 Fit & Active 10:45 Stay Fit at Home 12:00 Poker 12:00 Fine Art Studio 2:00 Beginner Ballet 3:00 Ballet	8:30 Rise & Shine Exercise 9:00 Share the Warmth Club 9:00 Fine Art Studio 10:00 Sports Talk 10:00 Better Balance 11:00 Sit & Get Fit 1:00 Ping Pong Club 1:00 Knitting Studio	7:30 Golf League 9:00 Fine Art Studio 10:30 Fit & Active 10:45 Stay Fit at Home 12:30 Game Time 12:30 Duplicate Bridge 1:00 Scrabble 1:00 Let's Read Yiddish 2:30 Tai Chi	8:30 Rise & Shine Exercise 9:00 Game Time 9:00 Sculpture Studio 9:00 Share the Warmth Club 10:00 Walking Club 10:00 Sewing Bees 10:00 Computer & Tech Assistance 1:00 Ping Pong Club 1:00 Tennis Club
			9:30 Prize Winning World Lit. 1 10:00 The 70s: May 1973 to December 1974 10:00 <i>No Democracy Lasts Forever</i> 1:00 Aristotle on Friendship 1:00 Building Your Mah Jongg Skills 1:00 Current Events Group 1:00 Favorite Films 1:00 Philosophy	9:30 Contemporary Short Stories 2 9:30 <i>The New York Times</i> 10:00 Who Needs Allies? 1:00 Documentary Films 1:00 Shakespeare 1:00 <i>The Autistic Brain</i> 1:00 The Battle of Trenton	
	10:00 Drawing Workshop 6 1:00 Point of View 1:00 <i>The Ancestor's Tale</i>	10:00 Art Workshop 7 10:00 Science Fiction 10:30 Somewhere in Europe 11:30 TED Talks 1:00 Exploring Watercolor I 1:00 Movie Music Love Affair 1:00 <i>Stench</i> 1:00 Writing Workshop	9:30 Intermediate Canasta 8 9:30 Prize Winning World Lit. 10:00 The 70s: January 1975 to August 1976 10:00 <i>No Democracy Lasts Forever</i> 1:00 America's Oddest Museums 1:00 Building Your Mah Jongg Skills 1:00 Favorite Films 1:00 Philosophy	9:00 Step Back into Chicago's Gilded Age 9 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 Who Needs Allies? 1:00 Documentary Films 1:00 Shakespeare	9:00 Mat Yoga 10 10:00 Brilliant Heists and Great Cons in the Movies 10:00 Women's Room 1:00 Abigail Adams 1:00 Supervised Chess 1:30 Films on Friday 1:30 Photography Club
	10:00 Drawing Workshop 13 1:00 Point of View 1:00 <i>The Ancestor's Tale</i> 1:00 The History of The Beatles' <i>Abbey Road</i>	10:00 Art Workshop 14 10:30 Delmark Records 11:30 TED Talks 1:00 Exploring Watercolor I 1:00 Return to Paris 1:00 Writing Workshop	9:00 Electronics Recycling & Shredding Day 15 9:00 P & P Investment Club 9:30 Embossed Metal Tooling 9:30 Intermediate Canasta 9:30 Prize Winning World Literature 10:00 <i>No Democracy Lasts Forever</i> 1:00 Building Your Mah Jongg Skills 1:00 Favorite Films 1:00 Philosophy 1:00 Most Important Film Festivals	9:30 Contemporary Short Stories 16 10:00 Who Needs Allies? 1:00 Documentary Films 1:00 Shakespeare 1:00 Take Me Home, Country Roads	9:00 Mat Yoga 17 9:30 Foreign Policy Roundtable 10:00 Women's Room 1:00 Chicago Baseball, Mid-Season 1:00 Skokie Lagoon Canoe and Kayak 1:00 Supervised Chess
	10:00 Drawing Workshop 20 10:00 Why Doesn't Anyone Trust the Media? 1:00 Point of View 1:00 <i>The Ancestor's Tale</i> 1:00 The Enchanting Alhambra Palace	10:00 Art Workshop 21 10:30 How Judges Are Chosen 11:30 TED Talks 1:00 Carving His Own Destiny 1:00 Exploring Watercolor I 1:00 Writing Workshop	9:30 Intermediate Canasta 22 9:30 Prize Winning World Literature 10:00 Premier Architectural Lunch Cruise Daytrip 1:00 Building Your Mah Jongg Skills 1:00 Favorite Films 1:00 Major Decisions: 2025-2026 Supreme Court Term 1:00 Philosophy	9:30 Contemporary Short Stories 23 1:00 Documentary Films 1:00 How to Save Money Online 1:00 Shakespeare	9:00 Mat Yoga 24 10:00 Women's Room 12:00 Rick Lindy and the Jukebox Legends 1:00 Supervised Chess 1:30 Photography Club
	10:00 Drawing Workshop 27 10:00 Economic Sanctions 1:00 Point of View 1:00 <i>The Ancestor's Tale</i>	10:00 Art Workshop 28 10:30 Eyecare for Older Adults 11:30 TED Talks 1:00 Carving His Own Destiny 1:00 Writing Workshop	9:30 Intermediate Canasta 29 1:00 Building Your Mah Jongg Skills 1:00 Favorite Films 1:00 Happy 100th Birthday: U.S. Route 66	9:30 Contemporary Short Stories 30 1:00 Shakespeare 1:00 What Just Happened?	9:00 Mat Yoga 31 10:00 Women's Room 1:00 Beneath the Elegance: Jacqueline Kennedy Onassis 1:00 Supervised Chess

August at a glance

Fitness Center Open
Monday - Friday 8 a.m. - 4 p.m.
Saturday 8 a.m. - 1 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Every Week
7:30 Golf League 8:30 Rise & Shine Exercise 9:00 Quilting 9:30 American Politics 10:00 Better Balance 10:45 Spanish Club 11:00 Sit & Get Fit 12:00 Fine Art Studio 1:00 Yiddish Club 1:00 Tennis Club	9:00 Game Time 9:00 Yoga for the Rest of Us 9:00 Weaving Studio 9:00 The Warm Up Coffee 10:00 Tuesday Club Meeting 10:30 Fit & Active 10:45 Stay Fit at Home 12:00 Poker 12:00 Fine Art Studio 3:00 Ballet	8:30 Rise & Shine Exercise 9:00 Share the Warmth Club 9:00 Fine Art Studio 10:00 Sports Talk 10:00 Better Balance 11:00 Sit & Get Fit 1:00 Ping Pong Club 1:00 Knitting Studio	7:30 Golf League 9:00 Fine Art Studio 10:30 Fit & Active 10:45 Stay Fit at Home 12:30 Game Time 12:30 Duplicate Bridge 1:00 Scrabble 1:00 Let's Read Yiddish 2:30 Tai Chi	8:30 Rise & Shine Exercise 9:00 Game Time 9:00 Sculpture Studio 9:00 Share the Warmth Club 10:00 Walking Club 10:00 Sewing Bees 10:00 Computer & Tech Assistance 1:00 Ping Pong Club 1:00 Tennis Club	
10:00 Drawing Workshop 10:00 Masterpieces of Leonard Bernstein 1:00 Point of View 1:00 Sustaining the Republic 1:00 <i>The Ancestor's Tale</i>	10:00 Art Workshop 10:30 The Rat Line 1:00 Against the Odds 1:00 Writing Workshop	10:00 The 70s: September 1976 to April 1978 1:00 Antisemitism in Film in the 21st Century 1:00 Current Events Group	9:30 Contemporary Short Stories 9:45 A Day at Volo Museum 10:00 The 2026 Midterms 1:00 Buddy Holly and the Birth of Rock and Roll 1:00 Shakespeare	9:00 Mat Yoga 9:30 Foreign Policy Roundtable 11:00 Understanding Chronic Kidney Disease 1:00 Jerome Robbins 1:00 Supervised Chess 1:30 Films on Friday	
10:00 Drawing Workshop 10:00 Walk in Beauty 1:00 It is Good to Be King 1:00 Point of View	10:00 Art Workshop 10:30 Celebrity Stories with Joe Mantegna 1:00 <i>Evil on the Roof of the World</i> 1:00 Writing Workshop	10:00 The 70s: May 1978 to December 1979 1:00 Chicago Jazz and Blues Legends	9:30 Low-Impact Cardio 9:30 Contemporary Short Stories 10:00 The 2026 Midterms 1:00 Shakespeare 4:30 NSSC 70th Anniversary Celebration	10:00 Cradles of Culture 1:00 Supervised Chess 1:30 Photography Club	
10:00 The Good, The Bad, and The Ugly 1:00 Point of View	9:00 Tuesday Club Annual Picnic 10:00 Art Workshop 1:00 BOOM! The Bomb, the Pill, and Beyond	9:00 P & P Investment Club 10:00 Mary Cassatt 10:45 <i>Buddy</i> at Drury Lane Theatre 1:00 The Rise of Political Partisanship	9:30 Low-Impact Cardio 10:00 The 2026 Midterms 1:00 Shakespeare	1:00 Supervised Chess 1:00 The 2026 Chicago Bears	
1:00 Point of View	10:00 Art Workshop 10:30 Special Needs Trusts and Guardianships	Staff Appreciation Day NSSC Closed	9:30 Low-Impact Cardio 1:00 Apple iPhone & iPad Advanced Tips & Tricks 1:00 What Just Happened?	9:00 Mat Yoga 12:00 Beckie Menzie & Tom Michael present The Piano Men! 1:30 Photography Club	
31	Tuesday Club Annual Picnic Tuesday, August 18 9 a.m. - 2 p.m.				

NSSC Membership Form

New Membership Renewal

Today's Date ____/____/____

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

E-mail _____ Phone _____

Birth Date ____/____/____ Marital Status Single Married Partnered Divorced Widowed

One-Year Membership Options* (choose one):

Individual: \$90 Couple/Household: \$170

If purchasing a Couple/Household Membership, please complete the following information for the second member:

Last Name _____

First Name _____

E-mail _____

Phone _____

Birth Date ____/____/____

Payment Information

If you would like to make a donation in addition to your membership purchase, please note it below. Memberships are non-refundable and non-transferable.

Cash Paid \$ _____

Check # _____ (Payable to North Shore Senior Center) Credit Card: (Circle One) Visa Mastercard

Card # _____ Security Code _____ Exp. Date ____/____/____

Cardholder Name (print name as it appears on the card) _____

Signature _____

You may purchase your membership online at www.nssc.org or send this completed Membership Form and payment to:

Lifelong Learning
North Shore Senior Center
161 Northfield Road
Northfield, IL 60093

Membership Benefits

- Discounts on classes, activities, daytrips, and events
- Participation in members-only groups and activities
- Discounted Fitness Center membership and service fees
- Use of the Art Studios
- Early registration privileges
- Receive NSSC's publications, including *Engage* and regular e-newsletters
- Invitations to special events and presentations

Membership	\$ _____
Donation	\$ _____
TOTAL	\$ _____

=====

Membership Information

North Shore Senior Center is the area's premier organization dedicated to enhancing the lives of older adults through engaging programs, exciting activities, wellness opportunities, current information, and access to resources. Join this group of active adults from across the northern suburbs who want to take part in opportunities to live longer, happier, healthier lives.

Membership Dues and Benefits

- \$90 individual; \$170 couple/household of two
- Discounts on classes, activities, daytrips, and events
- Participation in members-only groups and activities
- Discounted Fitness Center membership and service fees
- Use of the Art Studios
- Early registration privileges
- Receive NSSC's publications, including *Engage* and regular e-newsletters
- Invitations to special events and presentations

How to Join North Shore Senior Center

Becoming a member is easy. Simply complete the Membership Enrollment Form in this catalog, and return it with your payment for the annual dues to:

Lifelong Learning
North Shore Senior Center
161 Northfield Road
Northfield, IL 60093

You will receive a membership card and information about NSSC.

For more information about becoming a member, email lifelonglearning@nssc.org or call 847.784.6030.

Memberships are non-refundable and non-transferable.

No one is excluded because of inability to pay. Scholarships are available for qualified individuals. Please contact Lifelong Learning at 847.784.6030 for more information about our scholarship program.

Because **COMMUNITY MATTERS**

Your generosity fuels the programs and services that help older adults thrive at NSSC—and makes it possible to publish *Engage* three times a year to inform, connect, and uplift.

Donations help fund vital programs and services, from Lifelong Learning and Wellness to Caregiver Support and Adult Day Services. They also

allow us to share trusted information, inspiring stories, and community resources through *Engage*.

When you give to NSSC, you're investing in belonging, dignity, and a stronger community for all of us.

Support our work today. Visit nssc.org or scan the QR code.



Registration Information

Registration Policy

Participation in North Shore Senior Center's programs is open to all adults. Registration is required for participation in all programs. Payment is due at the time of registration. Registrations are non-transferable. Participants are encouraged to register early, as programs with insufficient registration will be cancelled. Programs subject to change. For current class information, please visit www.nssc.org.

How to Register



Mail a completed registration form with payment to NSSC. One form for each individual registering.



Online at www.nssc.org



Telephone Lifelong Learning at 847.784.6030 between 9 a.m. to 4 p.m. Monday through Friday.



Come in to register in Lifelong Learning between 9 a.m. to 4 p.m. Monday through Friday.

Skills-Based Classes

Participation in skills-based classes may be dependent upon a participant's skills level, as determined at the discretion of the instructor or any noted prerequisites.

Wait Lists

When a class reaches its maximum limit, a Wait List is started. If there is a cancellation and a vacancy becomes available, calls will be placed to those on the Wait List in the order in which they were received. On the day of the program, walk-ins will not be admitted to the program if there is a Wait List.

Confirmations

Confirmation receipts are sent via email once the registration form is processed. If we do not have your email on file, your confirmation will be sent via USPS.

Cancellation Policy

Courses cancelled by North Shore Senior Center due to low enrollment, inclement weather, or other conditions will be refunded automatically and in full.

Disclaimer

North Shore Senior Center presents advertisements and programs on a wide variety of topics from different perspectives and opinions. The viewpoints expressed in these ads and programs are the presenters' alone, and do not necessarily represent the viewpoints of NSSC.

Program Format Key

- **(Hybrid):** Program takes place in-person and is also simulcast on Zoom
- **(Online):** Available only on Zoom
- **No notation after title:** In-person only



Class Refund Policy

You may cancel your registration and request a refund prior to the class/activity start date. An electronic voucher will be issued for the full registration fee, valid for 12 months from date of issue. If you prefer to receive your money back, the registration fee minus a \$5 processing fee will be issued in the form you originally paid. Registration fees are non-refundable on or after a program start date. North Shore Senior Center cannot refund fees for sessions missed due to personal illness or other personal situations.

Daytrip Cancellation and Refund Policy

Request for refund when cancelling a daytrip registration must be done three weeks prior to the day of the trip. A full refund in the form of an electronic voucher will be issued to be used toward program fees, valid for 12 months after issued. If you prefer to receive your money back, a refund minus a \$10 processing fee will be issued. North Shore Senior Center cannot issue refunds for requests made after three weeks prior, including for reasons of personal illness or other personal situations, unless your spot is filled by another registration.

Standards of Behavior

In order to provide a safe, supportive, and enjoyable environment for our members, volunteers, guests, and staff, North Shore Senior Center has adopted Standards of Behavior. The Standards of Behavior are available in Lifelong Learning.

Photo Release Statement

Photos are periodically taken of participants and visitors to NSSC. Photos are for North Shore Senior Center's use only and may be used in our brochures, flyers, website, social media, and other public relations material.

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Locations & Contact Information

Main Location & Programs

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161 Northfield Rd.
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Lifelong Learning

847.784.6030
LifelongLearning@nssc.org

Other Locations

House of Welcome Adult Day Services

1779 Winnetka Rd.
Northfield, IL 60093
847.242.6250

Niles Senior & Family Services Office

7900 Milwaukee Ave.
Suite 2-20B
Niles, IL 60714
847.864.3721

Glenview Village Hall

2500 E. Lake Ave.
Glenview, IL 60026
847.904.4366



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